



This is a digital copy of a book that was preserved for generations on library shelves before it was carefully scanned by Google as part of a project to make the world's books discoverable online.

It has survived long enough for the copyright to expire and the book to enter the public domain. A public domain book is one that was never subject to copyright or whose legal copyright term has expired. Whether a book is in the public domain may vary country to country. Public domain books are our gateways to the past, representing a wealth of history, culture and knowledge that's often difficult to discover.

Marks, notations and other marginalia present in the original volume will appear in this file - a reminder of this book's long journey from the publisher to a library and finally to you.

Usage guidelines

Google is proud to partner with libraries to digitize public domain materials and make them widely accessible. Public domain books belong to the public and we are merely their custodians. Nevertheless, this work is expensive, so in order to keep providing this resource, we have taken steps to prevent abuse by commercial parties, including placing technical restrictions on automated querying.

We also ask that you:

- + *Make non-commercial use of the files* We designed Google Book Search for use by individuals, and we request that you use these files for personal, non-commercial purposes.
- + *Refrain from automated querying* Do not send automated queries of any sort to Google's system: If you are conducting research on machine translation, optical character recognition or other areas where access to a large amount of text is helpful, please contact us. We encourage the use of public domain materials for these purposes and may be able to help.
- + *Maintain attribution* The Google "watermark" you see on each file is essential for informing people about this project and helping them find additional materials through Google Book Search. Please do not remove it.
- + *Keep it legal* Whatever your use, remember that you are responsible for ensuring that what you are doing is legal. Do not assume that just because we believe a book is in the public domain for users in the United States, that the work is also in the public domain for users in other countries. Whether a book is still in copyright varies from country to country, and we can't offer guidance on whether any specific use of any specific book is allowed. Please do not assume that a book's appearance in Google Book Search means it can be used in any manner anywhere in the world. Copyright infringement liability can be quite severe.

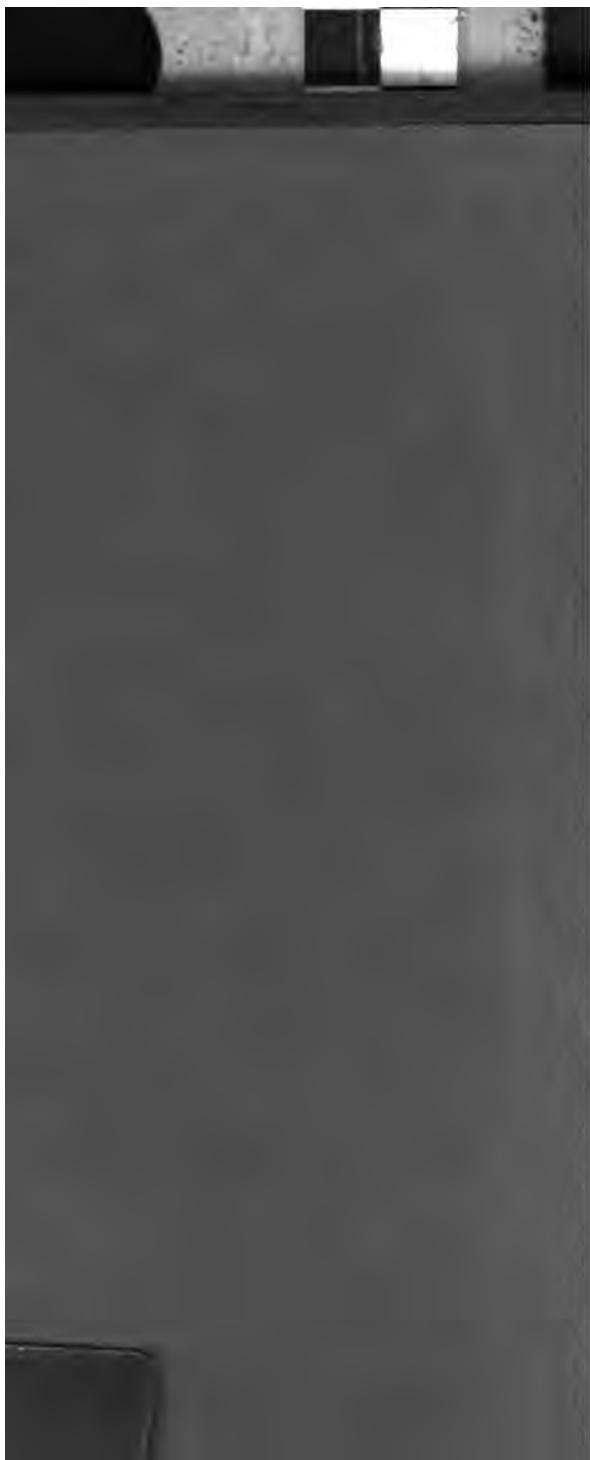
About Google Book Search

Google's mission is to organize the world's information and to make it universally accessible and useful. Google Book Search helps readers discover the world's books while helping authors and publishers reach new audiences. You can search through the full text of this book on the web at <http://books.google.com/>

NYPL RESEARCH LIBRARIES



3 3433 06819214 9

















—

WORKS BY

WALTER DEVOE

The Doors of Life (cloth).....	\$1.08
The Doors of Life (ooze leather)	1.50
Healing Currents from the Battery of Life.....	1.65
Mystic Words of Mighty Power.....	1.50
Science of Regeneration.....	2.00
Secret of Concentration.....	.25
Thought Forces.....	.25
You Will Not Die25
Immortal Truth25
Healing at a Distance.....	.12
The Living Word.....	.10

For Sale by

THE ELOIST MINISTRY

14 Pleasant Street

Brookline, Mass.

HEALING CURRENTS

FROM THE
BATTERY OF LIFE

Teaching the doctrines of the Positive and Negative Mind of God,
and of the Lord Jesus Christ as the Mediator between the two
states of Being; revealing how the Truth awakens the
Soul to its natural inheritance as an immortal
co-worker with God, giving it dominion
over sin, sickness, poverty, and
death.

By
WALTER DEVOE



FOR SALE BY
THE ELOIST MINISTRY
14 PLEASANT STREET BROOKLINE, MASS.

THE NEW YORK
PUBLIC LIBRARY

914768

ASTOR, LENOX AND
TILDEN FOUNDATIONS

R 1920 L

Copyright, 1904, By Walter DeVoe.

Revised and Enlarged
Copyright, 1905, By Walter DeVoe.

Revised and Copyrighted,
1915, By Walter DeVoe.

8th Thousand

Entered at Stationer's Hall, London
L. N. Fowler & Co., London Agents

FOREWORD

It is the purpose of this book to heal those who read and study its pages. The articles are gathered together with that object in view. Each one was written under the inspiration of a definite purpose — to heal, encourage, and enlighten whomsoever should read it — and the multitude of letters which have been received shows that the purpose has borne fruit, and causes me to rejoice in the knowledge that written truth can bear the balm of healing to suffering humanity.

These lessons are the fruit of spiritual realization. The varying forms of expression were adapted to the various states of mind I desired to arouse. The energies of Omnipotence are latent within human minds, and there is no nobler task than speaking or writing words that will stir those energies and arouse them into activity for the healing of God's beloved humanity.

As all forces, at the last analysis, are of the nature of mind, developed or undeveloped, then the forces of mind — thoughts — are the proper things wherewith to direct the living, healing dynamics within the nature of man.

Mystical words of mighty healing power have been revealed to me, and I have woven many of them into these lessons and affirmations.

Where a truth is repeated, I have purposely allowed the repetition to stand, and I trust that this will cause the reader to remember that "Repetition is the mother of learning."

Remember that your ability to gain dominion over your physical body will develop as you cultivate thought power. By constant study of these lessons, and persistent use of the thoughts given in them, you will gain an ability to heal yourself and others, according to the degree of thought power you generate. I have known a pupil to take a single sentence and hold to it so persistently that in the space of one year she had transformed a gross, abnormal growth in the interior of the body, into normal, healthy substance. She had faith in the power of thought to transform the body and did not allow laziness of mind to stand in the way of its accomplishment.

"There is no excellence without labor." It is not how much you read, or how much you know about mental processes that gives you mental power, but *it is how much you incorporate of the positive thought and feeling of Truth into your mind and body.*

If you desire to progress in spiritual power you will be obliged to build a thought-body out of positive thoughts of truth. These lessons will furnish you with the material for building your spiritual temple, through which the healing power will become manifest in your flesh, and as you put these truths into practice day after day and year after year, you will find all negative limitations

vanishing and a positiveness of soul power developing which will repay you most wonderfully for all your efforts toward the attainment of spiritual and physical dominion. Awake, and understand your divine possibilities as a soul formed in the image and character of the Almighty! Create into a powerful thought- or mind-body all the divine attributes that lie latent within your soul, awaiting your recognition and expression, and you will attain a consciousness of power that will grow and increase throughout all eternity.

WALTER DEVOE.

ASPIRATION

I pray to know the charm of mine own transcendent soul, that it may show forth greater power through my personality and enfold all mankind in the healing power that will soothe the aching hearts of the world.

When the Master spoke, the charm of his soul was the Spirit of his words, and whoever was ready for truth, felt his spiritual power and followed him gladly.

I pray that through the charm exerted by my own awakened soul, I may be able to arouse and awaken the slumbering soul which is the Self of every one. May I realize the power to help each Self to manifest its God-likeness in the flesh, and thus bring an immortal glory to this world.



卷之三



CONTENTS

	PAGE
FOREWORD	v
KNOWLEDGE IS POWER	1
THOUGHT, THE SUPREME REMEDY	5
EFFECTS OF MENTAL STATES	12
WE GROW LIKE THAT WHICH WE STUDY	15
MAN'S RELATION TO THE UNIVERSAL MIND	20
YOU ARE POWER	25
POSITIVE AND NEGATIVE MIND	27
HOW TO PRACTISE MENTAL HEALING	33
SCIENTIFIC CONFIRMATION OF THE POWER OF MIND	44
THOUGHT FORCE AS A FACTOR IN MUSCULAR DEVELOPMENT	45
CONCENTRATION OF MIND	46
HOW TO CONCENTRATE	49
WONDERFUL POSSIBILITIES	51
MENTAL INFLUENCE AT A DISTANCE	57
A REMARKABLE CURE BY SUGGESTION	59
I AM ALL MIND	64
A GENERAL HEALING TREATMENT	68
TEACH YOUR BODY TO THINK	72
USE YOUR WILL TO OVERCOME INDIGESTION	78
THE SUBCONSCIOUS MIND AND SOUL CONSCIOUSNESS	81
BECOMING ATTUNED TO THE SPIRIT	88
A POWERFUL STATEMENT	95
THE MYSTERY OF OMNIPOTENCE	100
CULTIVATE YOUR WILL	106
BUILDING THE TEMPLE OF FAITH	108
TRUST IN GOD	112
THE WORD OF POWER	114
THE HEALING POWER OF JESUS JEHOVAH	123
DENY THE CAUSE OF DISEASE	125

Contents

	PAGE
DENY THE IMPERFECT: AFFIRM THE PERFECT	126
INSOMNIA	133
EXERCISE YOUR IMAGINATION	136 --
NERVOUS DEBILITY	139
TREATMENT FOR DEPRESSION	140
TREATMENT FOR CATARRH	142
TREATMENT FOR VITAL CENTER	144
TREATMENT FOR PAINFUL SWELLINGS	145
TREATMENT FOR CONSTIPATION	146
TREATMENT FOR APPENDICITIS	147
TREATMENT FOR EYES	150
TREATMENT FOR HEALING PEACE	152
MIND MASTERS MATTER	155
THE GREAT SYMPATHETIC	160
LET YOUR SOUL EXPRESS	165
THE TRUE WAY	169
YE ARE SLUMBERING GODS!	171 --
AWAKE, MY SOUL, AWAKE!	175
SOUL DEVELOPMENT	178
THE GLOBE OF GLORY	183
THUS SPEAKS THE LIVING SOUL	190
HOW TO REALIZE GOD	191
REALIZATION	199
DO UNTO OTHERS AS YOU WOULD BE DONE BY	201
ORGANIZATION	203
PRAY WITHOUT CEASING	210
A HEALING PRAYER	219
TO OVERCOME ANTAGONISM	221
HEALING LOVE	222
O THOU ETERNAL SPIRIT OF WISDOM	223
THE DISCIPLES' PRAYER	224 --
SERENITY	226
TRUST	227
GRATITUDE	228
PEACE	229
A CONCEPTION OF GOD	230
THE GOD-MAN	239

HEALING CURRENTS

KNOWLEDGE IS POWER

THE great prayer that is arising from souls incarnate is the prayer for more vitality. It is the speechless prayer of the whole world; the unuttered longing and desire of every heart for that which will enable it to overcome limitations and find satisfaction.

Scientists of to-day are searching as tirelessly for a life-renewing elixir as did Ponce de Leon for the fountain of youth, but their stimulants, tonics, and serums, will not renew the creative impulse of vitality which produced the organism and which lies latent within, always ready to revitalize, renew, and heal every part of the physical nature.

It is not medication that will save the sick and suffering, but the opening of the human nature to this divine influx which is health compelling and harmony producing to every nature that finds it. Many are becoming conscious that a heavenly, healing vitality awaits them, and nothing can hinder their search for the immortal vigor that will save their flesh from disease and pain and evolve a new type of humanity. They shall become fearless and dauntless, healthy and happy in the

conscious possession and understanding of the vital principle within them, which is the manifestation of the God-life in humanity.

Matter and flesh cannot create, because they are effects. They can only manifest the energy infused into them by their cause. Vitality is not a material force; it is spiritual force. Vitality is cause. Vitality is the creative energy of the love and intelligence of the God-mind which holds in its embrace every atom of sentient substance.

It is the vitality of the infinite Mind that we see manifesting in bird and beast, tree and flower, and this same vitality is at this moment giving you all the life that you have, and the infinite Mind can give you as much as you can individualize and express.

Your lack of knowledge of the possibilities of your own nature keeps you from growing out of your weak or sickly condition. KNOWLEDGE IS POWER.

All nature is enlivened by the omnipotent vitality of the infinite Mind, and the human mind must seek its vitality from this source, for vitality is a mental energy which can be appropriated to an unlimited degree. According as it is recognized and expressed will it overcome all diseased and depleted conditions of the body.

New ideas entering the mind bring with them an influx of vitality. The thoughts in this book are overflowing with vitality and health, and the more you study them the closer your mind will get to the Fountain of Life, which will renew your body as your mind is renewed with living

thoughts from the Divine Mind. Patients are often healed while studying writings which are filled with the healing inspiration. If you want to live and be healthy *you must not* think or talk about disease or death. Jesus thought and talked about life so much that He demonstrated the power to overcome death.

There is a Source of unlimited vitality, strength, and energy which has been little looked to since the Great Physician walked this earth, and from lack of knowledge of this vital impulse the race has suffered much. This knowledge was crucified, or denied out of mortal understanding, but it is again being resurrected in the mind of the race.

The souls of mortals "cannot live by bread alone" but must be fed on the manna of Heaven, the thoughts that flow out from the Mind of God, before there can be such a harmonious union of the human and the divine in man as will guarantee his health and happiness and prosperity while on the earth.

You, no matter how poor or sick or miserable you may be, are living in the midst of Divine Forces which can generate a new health and strength in your body, weave prosperity and success into your destiny, and make your whole life divine and harmonious. The forces that make for success are within reach of every mind, waiting to be polarized and individualized.

Intelligent and powerful thought forces inter-penetrate space, even as magnetic and electric currents flow through space, and these potent



forces can control intelligently all the operations of natural law; and, still more wonderful to know, these forces are obedient to the mind of man, ready and powerful to operate everything for his good if he will but recognize his God-given dominion, thinking the thoughts and speaking the words which embody his faith in the Almighty Presence and cause it to manifest for his benefit.

Jesus spent much of his time in the wilderness on the bosom of God, polarizing by prayer and affirmation the power of the Father, which enabled him to overcome mighty difficulties. Miracles have always followed him who has made his life a song of praise to the living God. We may have a wonderful mental power, and preach the highest truth, but the power that harmonizes and heals is ours only when our mind has entered the pure ocean of bliss and been magnetized by contact with the positive pole of Divinity. Then are we endowed for the time being with the power of the Cause of causes, and all causes obey the one who realizes this dominion. Again and again must one retire from the world and unite himself with the Source of power, for in overcoming the conflicting vibrations of the world-mind, the soul is constantly in need of the omnipotent Power that abides with the Father.

THOUGHT THE SUPREME REMEDY

MENTAL SCIENCE has been scorned and ridiculed by pulpit and press for many years, but it has pushed on in a victorious march against the solid mass of the world's ignorance, gaining adherents by demonstrating the power of thought to cure disease, until to-day it is accorded a place and a power in the land as a healing agency with even the seal of approval of the United States Supreme Court.

The hundreds of thousands of "incurables" who have been cured by the application of the principles of Mental Science have had no weight as evidence with the scientific world, but the same Spirit of Truth that has inspired so many minds with the knowledge of the healing power of thought has been active in leading scientific investigators to the same conclusions, from experimental evidence, as the teachers of Mental Science reached through intuitive perception.

Here are a few words from Prof. Elmer Gates, formerly of the Smithsonian Institution:

"I have discovered that bad and unpleasant feelings create harmful products in the body, which are physically injurious. Good, pleasant, benevolent, and cheerful feelings create beneficial chemical products which are physically healthful. These products may be detected by chemical an-

alysis in the perspiration and secretions of the individual. I have more than forty of the bad and as many of the good. It is found that for each bad emotion, there is a corresponding chemical change in the tissues of the body which is life-depressing and poisonous. Contrariwise, every good emotion makes a life-promoting change. A noble and generous action blesses the doer as well as the beneficiary. Every thought which enters the mind is registered in the brain by a change in the structure of its cells. The change is a physical change, more or less permanent."

Prof. Pawlow, of St. Petersburg, who is the greatest living authority on the stomach and its work, has demonstrated that mental states aid or stop digestion. His experiments with dogs prove that thought affects the digestive tract, and gives new weight to the words of Solomon:

"Better is a dinner of herbs where love is,
Than a stalled ox and hatred therewith."

When some tempting dainty was held before a dog and he evinced the usual signs of pleasure in the expected treat, it was noted that at once the stomach juices sprang into play. On the other hand, if he was fed with something which he did not like there was no secretion of the gastric fluid.

This, with further experiments of the same nature, proved conclusively that mere thought or favorable feelings of any sort concerning the food eaten, not only assisted the digestion but partly caused it. Professor Pawlow, who made the experiments, thinks this, at least partly, explains

why men of letters are often dyspeptic. Their minds are busy with things far removed from their food when they are eating. The connection between the nerve which sends the important message down to the digestive machinery below for more oil, and the patient engineer of nutrition, is cut off. So when unexpected orders for digestion come piling in upon them they are not ready and the work is bungled.

One who considers the matter thoughtfully will soon realize that thought or feeling has the power to cause and also to cure disease. All the secretions and activities in the body are controlled by the sympathetic nervous system, and the quality of the feelings that circulate over these nerve wires affects every cell in the body.

Grief or anger will stop the flow of gastric fluid. The thought of eating will start the saliva to flowing. Lustful thoughts affect the vital organs in the same way, and when they are habitually prevalent in the mind they undermine the very foundation of health and happiness.

All the investigations of the world's wisest physicians have not brought to light any truth of greater import to the race or of any greater physiological value than that contained in these words of Paul:

"To be carnally minded is death;
But to be spiritually minded is life and peace."

The race is in bondage to lustful thoughts and passions, and the feverish fires of false desires burn so fiercely in the natures of so many that the

spring of heredity is polluted at its source, and children are born into the world with carnal propensities predominant, unfitted for a healthy, moral manhood by a mental and physical nature predisposed to all the diseases which spring from a scrofulous taint. Lust is the root cause of disease and pain in the world, but anger, hatred, revenge, cruelty, and jealousy may be named as doing very much to create a hell for humanity on the earth. Any healing science that does not strive to eliminate these forces from the human nature or to transform them into divine forces, is incomplete and unsuccessful as a healing agent, because these are mental causes of pain and disease, and unless they be eradicated, disease cannot be entirely overcome.

Dr. W. B. Cannon, of Harvard Medical School, has made a long series of interesting observations on the relations between mental states and certain bodily functions.

Observations of the activities of the muscles of the stomach and alimentary tract in general were made with the aid of the X-ray. It was found that when a cat was frightened or enraged by the proximity of a dog, the activities of the muscles of the alimentary tract, upon which the function of digestion so largely depends, were seriously interfered with. The secretion of the digestive juices was similarly retarded.

"Thus it is shown," says Dr. Cannon, "how profoundly the mental state may affect, favorably or unfavorably, the secretions of the stomach, and how quickly and directly the mental state may en-

tirely check the onward movement of the food. So an emotional disturbance affecting the alimentary canal is capable of starting a vicious circle; the stagnant food, unprotected by abundant gastric juice, naturally undergoes bacterial fermentation, with the formation of gases and irritant decomposition products. These, in turn, may produce mild inflammation or be absorbed as substances disturbing to metabolism, and thus affect the mental state. And the depressed mental state that accompanies 'indigestion' may still further prolong the indigestion."

These experiments demonstrate the importance of avoiding the initial states of worry and anxiety, and of not permitting grief, anger and other violent emotions to prevail.

Any one who has been in the habit of eating meals with the mind concentrated on business schemes, or in a state of worry, care, or anger, will now understand a possible cause for indigestion.

Bright thoughts and harmonious feelings are essential to physical health. The pleasurable and vigorous activity of all functions and faculties of the nature will attune the nature to a realization of health that will be positive protection against all contagious and infectious diseases.

The body is a mental organism for the production of the force of thought and feeling, and a certain amount of this force is necessary to insure the proper action of its organs. The experiments of Prof. Pawlow prove that thoughtful attention will aid nature in her processes.

Nostalgia, or homesickness, was a frequent cause of death among the American soldiers in the war with Spain. Young men longed for home until their thoughts lived among their friends in their distant homes, and in consequence, they became sick; all their mental organizing power was projected away from the body until there remained not enough force to keep the body alive.

There is a power that is ever ready to save human kind from the sins and sufferings of ignorance. Divine Thought is the power which will heal and harmonize every mind and body that comes *entirely* under its sway and dominion. We teach of the Thought of God, which is bringing so much happiness and health to the sinful and suffering at the present time, and it is our constant experience that pure, loving thoughts are charged with the healing, invigorating potency of the Spirit of God. Every one who will educate his mind to conform to divine purity and truth will find the power of God which makes for health and happiness.

Those who have not seen some wonderful demonstration in their own lives, or in the life of some one very close to them, are liable to become discouraged if immediate results do not manifest. Remember that all the force of your past thought is against your new faith, and that you are just beginning to tear down a mental force which runs back through heredity for ages, and although the Thought of God is all-powerful, your understanding and exercise of it are to be compared to the

efforts of the little child just learning to walk. The obstacles the child meets seem as insurmountable to him as yours do to you, but with the same persistent effort you will gain control of the powers that are latent in your will and thought, and will walk upright in dominion as a conquering Soul of God.

EFFECTS OF MENTAL STATES

WE are mental creatures, and our life is in our mind. Our happiness depends upon our state of mind. Our physical conditions exhibit our frame of mind, and we can progress in life and create a proper destiny only as we cultivate the thinking which is common to the Mind of God.

Mind is positive and negative. Mortal mind is negative — undeveloped. The God Mind is positive — developed in wisdom.

Whatever thoughts we listen to or speak, or whatever thoughts we allow to remain in our minds, will bear fruit.

Condemnation, envy, prejudice, and all the thoughts and words of mortal mind, are negative. They are nothing and lead to nothing, which is dissolution. The words of truth will gain the mastery over all the beliefs and expressions of error, for these are negative conditions which the positive thoughts of truth overcome.

Beliefs of sin, sickness, and death are also negative. We can free ourselves from these thoughts by denial of them, and we can place our minds in unity with the positive pole of life and peace by the affirmation of truth.

We are one with the almighty goodness of God, now. Our minds live in and draw their life from the Mind of God, and we can and will grow out

of our negative beliefs and conditions by the recognition that we are manifestations of the God-life. We can think the thoughts of God, and thus grow into a conscious knowledge and realization of his Presence and Power.

While we are thinking the thoughts of the world, we are living in mental and spiritual darkness, and in this state of mind we cannot hope to enjoy life or peace or prosperity from God, for all real enjoyment is in the Light of Truth. An abiding satisfaction flows into our minds as we charge them with thoughts based on the truth of infinite goodness and love.

We have no power or substance or intelligence but God the Good, and this is true of all beings and all things. This is the saving truth that frees and heals. All life is good and full of healing power.

All intelligence is good, and can manifest perfection. All substances are good, and will reveal more and more that they are intelligent as the truth about them is recognized.

**ENERGIZE THESE THOUGHTS IN YOUR MIND BY
REPETITION :**

I am living the life of eternal peace, for my life is one with the life of God, which is peace.

I desire to think only the thoughts that tend to life and peace, thus uniting myself with the divine Source of all wisdom and love.

I know that I am the Mind of Truth expressing, and I think and feel that Almighty Goodness now dominates all my world.

The Spirit of Goodness is omnipresent. It includes all that I need or want.

I do not place any thoughts or conditions between myself and God.

Every claim that I make which is opposite to the Spirit of Goodness is a negation of my eternal life with God, and hides God from me. God can do all things for me if I am true to his thoughts and have his faith. His faith is the affirmation of the Power of the All-Good.

I am Life. I am Health. I am Joy. I am Prosperity. My love is of God and for the truth, and I constantly fill my mind with positive thoughts of truth, which create good and harmonious conditions for me.

There is only One Mind, the Mind of God, full of divine life and intelligence for all, overflowing with healing love and uplifting light.

I lift my mind from all appearances of limitation to the consciousness of the one Omnipotent Power, and affirm that I am the recipient of all its goodness and love.

I negate from my being all the feelings and thoughts of the world, and individualize the thoughts based on my unity with God the Good, for I am the spoken word of Almighty God, and I manifest his intelligent goodness, now and forever.

WE GROW LIKE THAT WHICH WE STUDY

NOTED throat specialists have died of ailments of the throat, insanity experts have become as mad as their patients, and students of tuberculosis have often succumbed to this dread disease. He who studies the power of disease will find disease and death creeping over his whole organism, and he who gives his attention to the power of life will find the Power that can transform him into health and perfection.

We are all mind. We live in an ocean of Mind, and we are each a polarizing center capable of drawing into our being any quality of mind we may desire to incorporate.

Looking at the universe from the physical standpoint, it is a vast ocean of matter or negative mind. This ocean of living force is constantly in flux, like the water that is part of a whirlpool one minute and the next minute has gone to form a gigantic wave. So the atoms of negative mind are building up one body to-day, which to-morrow will have disintegrated and those same atoms will have gone to form another body. The planet is one center of force, and the trees and animals and our bodies are still other centers organized for the time being from the substance of the universe. But if all this force is constantly in flux and not bound by any ties other than the attraction of the

moment, what is it that holds our bodies and the bodies of all things in the forms in which they appear? It is positive, invisible mind. Here we see the power of the invisible cause, the attractiveness of that positive center of mind that draws around itself a body of physical atoms. We see that the positive, invisible pole of being has power over the world of visible effects.

The organized form of positive mind is the positive pole of attraction. The positive mind of the plant has learned to polarize atoms into the beautiful forms of verdure. The mind of the plant is organized from the universal Mind. It has dominion over the atoms of negative substance, and it is developing a still stronger power by this process of organizing a form, so that after it has accomplished all that it can with one form, it will have gained the power to organize a still higher and more complex form of life. We are polarizing as much of life as we understand, and as we understand more we will use our powers of mind to organize into form the deeper realities of the Spirit of Truth.

The complexity of the form will depend upon the power of the mind within the form which is holding it in organization. Its quality will also be determined by the quality of the mind that does the polarizing. This is illustrated by the fact that no two persons get the same benefit from the same foods. What is nourishment for one man is often poison for another. You may feed two persons the same quantity of meat per meal; one will grow fat while the other remains as thin

as a greyhound. One has attributes of mind which find and attract to themselves corresponding chemicals in the meat; and the other, not having the mental qualities that are nourished by a meat diet, will not build up on that substance.

It has been noted that those who study the heavens live to a goodly age. The mind of the astronomer opens up to the unfolding spaces of infinitude, with their teeming world systems, and in searching out the meaning of it all he inbreathes some of the Spirit of Truth.

Minds centered upon the cares of the world and busy with the small duties of life, need to be opened by study and contemplation to the grandeur of the great God whose marvelous Presence is manifest in all the laws and forms of the universe. Students should seek that instruction which opens the mind to the mighty Spirit of Life. This is necessary, that the mind may receive new life and the power to manifest life in endless abundance.

Says the voice of Truth:

“I am come that ye might have life,
And have it more abundantly.”

The Truth reveals the life which was always here but which we did not recognize. And our recognition opens up our minds to receive of its blessings. Recognition grows into faith, and faith builds up the mental forces that polarize life.

As we walk through the park or in the woods, we should know that the contact of our feet with the ground is giving us of the magnetic vitality

of Mother Nature. The air is filled with invigorating vitality, the sun is pouring its mighty life into our being, and the beauty and grace of God manifest in all outdoors are giving us a magnetic, mental, and soul treatment that tunes our minds to infinite life and health. We are healed because it is the Presence of God that we recognize. Let us contemplate the beauty and power of the God-Presence that is all and in all, and we will be harmonized by its mighty harmonies and feel the thrill of the divine consciousness pervading our natures. We will grow like that which we study.

It has been discovered that the perfume and color of roses will soothe the nerves and often cure a headache. To concentrate the mind upon one of these forms of nature's beauty and grace, brings our nature into unity with the Spirit of universal Nature, which is the Presence of God. Each one of Nature's forms is a key to the kingdom of life, of beauty, and of endless wisdom. All forms are but the physical manifestations of spiritual entities, and these spiritual entities, or minds, are drawing their intelligence and power from the infinite Source. They are the one infinite Intelligence made manifest, so we can say that Nature, as a whole, is a form of God. If we will examine any form of life, we will come in touch with a wisdom and skill so profound that our deepest thinking cannot compass it. And we, as organized beings, stand at the head of all Nature's manifestations. We already have dominion over the negative mind of Nature. The fact that our spiritual nature has organized this form

and has the power to hold it in life and to give activity to all its functions, proves that we are endowed with dominion. Now we are coming to the consciousness that our thought has built the character that is the invisible pattern upon which our flesh is woven, and that our thought, rightly cultivated, can increase our organizing power. Our thought can make for us a body of health or a body of pain. Let us study the mighty Life within and all about us, that our thoughts may be filled with the breath of the divine Spirit, and our bodies renewed and reformed into living images of health and perfection.

Thousands of chronic ailments have been healed in those who desired health and knew that they could get it through study of vital, healing literature. The desire for healing and the constant study of the healing words, opened their natures to the omnipotent Life that is always seeking to image forth its own likeness of infinite health and perfection. The Holy Spirit of God never ceases its healing ministrations. If we do not know of its goodness and mercy, we cannot have faith in its operation; without knowledge of the transforming power, we cannot be receptive to its influx, because it flows through our knowledge or faith into our bodies. The more knowledge we have of spiritual realities, the more vibrant our minds become with the living Breath of Heaven, and joyous vitality from the streams of eternal Life bubbles up within us and fills us with the consciousness of unity with the Father, so that we rejoice perpetually in the knowledge of the Presence and Power of our God.

MAN'S RELATION TO THE UNIVERSAL MIND

THE universe is one vast Mind, expressing itself in all the manifold forms of vitality and intelligence. There are two poles of this great Mind — positive and negative — for it is a mighty magnet of living, attractive force. And if we gain a comprehension of the law of attraction that radiates out from the positive pole of life, holding suns and systems of suns as well as man and every atom of created life in obedience to its one law; if we understand this law of life, we shall know how to fulfil the law in order to progress to the highest attainments, how to overcome every obstacle to the success of our endeavors.

The sun of our solar system is the positive pole of attraction, which holds the negative planetary spheres subject to its controlling influence, and radiates to all planets the vibrations which we sense as light and heat. The sun in turn is negative and obedient to the influence of some more positive sun of magnetic force, a mightier center which regulates the movement of solar systems.

And yet this vast physical universe of created worlds and suns is, as a whole, but the negative pole of the Mind of God. It is the lowest degree of expression of that Great Mind. It is the most inert or negative condition of mind possible.

The name matter should not be applied to this universal physical substance, because the word is used to express the idea of deadness or absence of life, and there is not an atom in all the universe utterly devoid of vitality or intelligence. All is Mind, an intelligent Mind evolving and expressing more and more of its dormant energy in all substance. Progression is natural to all life.

We have grown to our present state of positive intelligence through long, hard experience, so that it is well for us now to acquaint ourselves with the aspect of the positive pole of Mind, the source of all happiness, health, and prosperity. Therefore we turn our attention from the plane of forgetfulness to the plane of endless consciousness.

The positive pole of Mind is the individualization and revelation of all the qualities and attributes of the Eternal Being. It is the Great I AM, the unceasing affirmation and expression of all the love, wisdom and power of the Infinite Unknown. It is the Great Sun of God, forever radiating intelligence and life to all planes of Mind, to all worlds and all beings.

These radiations of mental energy from the Sun of God fill the objective heavenly realms with the Glory of divine Love and Wisdom, flowing out through all states of the universal Mind until they reach the limit of the orbit of evolution, when they commence to individualize, evolve and progress back to their source through crystal, vegetable, animal and human forms, until the human mind and the Divine Mind blend in conscious unity, and the mortal realizes the immortality of

the Sons of God. So we see that the origin of all is God, and that all forms and minds are manifestations of God, evolving slowly but surely the latent possibilities of vitality and intelligence within them, until they become gods, with the conscious ability to mold their lives and destinies as they will, thus manifesting the will of God.

Now for the practical application of these thoughts. We are compelled to progress from negative to positive, continually, through the experience we gain in the battle for existence, but if we are willing to learn the laws of Mind and apply them constantly in working life's problems, we shall develop more rapidly in intelligence and we shall realize the happiness and success that come from fulfilling the divine laws.

The positive pole of the thinking individual is that controlling power of the mind which affirms, I Am, I Will. This is the magnetic core to which everything in the nature responds.

Man is a magnet, an epitome of the Great Magnet, and through his positive pole he can appropriate and individualize somewhat of all the qualities and powers of the Whole, for this power of affirmation unites him to the positive pole of the Divine Mind and enables him to draw from this Radiant Center everything that he may need for the expansion and growth of his own nature.

There is no limit to the supply. It is equal to the demand, and manifests for man's use when he understands how to appropriate through the exercise of the magnetic power of his mind. He must know that the positive pole of All-Being is the

real center of his own being, the Image into whose Likeness he is gradually growing. By identifying himself with the qualities which radiate from this mighty Center, and affirming them for his own being, as the qualities that belong to all intelligence, latent or developed, he will build up the positive forces of his mind which will overcome every negative condition of body or affairs.

Failure, sickness, and misery are not real forces; they are not positive elements, but the lack of such; they are the result of negative conditions of the mind, and are indications of a lack of vitality or knowledge.

The intelligence in the nature strives of itself to overcome diseased conditions, to remove irritating obstructions, and to eliminate poisons from the system. This is recognized by those physicians who give remedies merely to aid nature in her work.

If the intelligence in the nature can produce health, then when this bodily intelligence is intensified, greater healing powers will result. The mind can polarize the needed vitality and intelligence and draw it into bodily expression from the radiations that fill the Mind of the world, by the mental affirmation:

I am Intelligence.

I am filled with the Healing Power of the Mind of God.

The clouds of misery, fear, and discouragement can likewise be dissolved from the mind by lifting it from these negative thought currents into the positive currents of joyous life, strength, and unfaltering courage, through affirming:

I Am, I know I Am, and there is nothing greater than I Am.

My mind is filled with the light and happiness of true thinking, and I inspire faith and courage with every breath I breathe.

The mind may in this way be educated to a strong and substantial faith in its own powers; it will realize that success is a positive attribute of intelligence, and it should work and study unceasingly to individualize intelligence by this mental culture until the whole character is changed. Then it will feel the strength and power to successfully execute all its designs.

Prosperity will attend the mind that realizes that all material things are subject to its influence when it lives up to this truth. This will be demonstrated as the mind casts out all beliefs of lack or want, and is trained to know that:

I am Success. I am Prosperity.

I am a mighty magnet for money. I draw to myself everything that I desire to make my life comfortable and complete.

I will manifest the vitality and intelligence of God, and enjoy health, happiness, and prosperity in all my ways.

YOU ARE POWER

TREMENDOUS energy and power are stored in your soul, more than enough for every physical need. By continuous affirmation you can bring this power into manifestation. The patient affirmation of truth, continued with persistence — with conviction that all you desire will be accomplished — is the power of faith to bring about all good. Here are some rousing statements:

I am a soul organized of the potencies of the living, eternal God. I call all my soul power into action to quicken all my organs, and reorganize my body into an image of health and perfection.

God is the power that works through my soul to quicken and purify and spiritualize my flesh. My soul is the power that polarizes the atoms and holds my body in form according to the mental pattern. I am not bound by any mortal or spiritual limitations. I do not condemn myself to grossness. The race beliefs of the deadness and grossness of matter and flesh are dissolved from my mind. There is no deadness or sluggishness in my flesh. It is alive throughout every organ and atom with mental energy and intelligence.

I will arouse the dormant powers of my soul and so infuse my body with new life and intelli-

gence that every particle will tingle and thrill with the vitality and health of Almighty God. I am all mind. My body responds to every thought and feeling centered in it. I will cultivate the force and negative intelligence in my flesh until it becomes responsive and active, until it becomes living thought energy, and obeys the will of my soul.

I will infuse all the life and power of my immortal soul into my flesh. I *must* be quickened and spiritualized. I *must* vibrate with life. The intelligence latent in every organ must be aroused to operate in divine harmony for the health of the whole body. I bless every internal organ with the cleansing activity of the Spirit of God, which flows through my soul into my mind and fills the blood with the cleansing waters of life.

Read the foregoing statements over a number of times daily, and pick out some one for special emphasis. The mighty power of God is in and all around you awaiting your word of appropriation. You can speak words of truth until verily your whole nature will be the vibrating Word of Power manifesting.

POSITIVE AND NEGATIVE MIND

THE mental healer works upon the theory that All is Mind; that every object in existence is an individualized form of the universal Mind in one degree or another of development or evolution; that the human mind is the highest type of evolved intelligence, and that it can express more and more of health and perfection through appropriation of the qualities of the Divine Mind, of which it is a self-conscious expression.

He is consistent with this premise in regarding the body as mind also, negative mind to be sure, but a substance potential with vitality and intelligence, every cell of which is capable of manifesting perfection and of acting in harmony with every other cell for the healing and perfecting of the whole.

This places the human being in the aspect of a living battery of mental energy, the thought power being the positive pole and the flesh the negative pole; and through the constant action of thought power the individual is polarizing the thought substance from the universal Mind, and the body responds to the thought power and organizes the cells to conform to the characteristics of the mental qualities individualized. In other words, the character of the individual is expressed in every cell of his nature, because the character of mind polarizes and qualifies the bodily cells.

It is the constant action of the mental forces of the human magnet that produces all the involuntary actions of digestion, breathing, heart-pumping, etc., and holds the nature in active organization. When either pole of the battery is injured the whole being suffers in consequence.

The mental healer understands that diseased conditions of the patient are often visible expressions of discordant mental action, the embodied effect of some of the patient's thoughts and feelings, and through his thought power — which is transferable from one battery to another, as electric impulses are sent through space without wires — the healer seeks to inspire the patient's mind with thoughts that will counteract the effect already produced and cause a new physical effect of a more perfect character.

All so-called matter is a storehouse of potential life and energy; it is the intelligence and power of the universal Mind crystallized and at rest; it is the embodiment of the mighty forces and energies of the God Mind; it is the negative pole of the battery of life, and every power and quality of the Divine Mind will be found expressed in some degree in this visible nature of God.

All is Mind, and all thoughts seek embodiment in organized form. Disease germs are at most but negative forms of unconscious or undeveloped mind, and they can be entirely overcome by the positive thought of the mind that recognizes its own power.

All the remedies used by physicians are forms of mental energy, and their quality is more posi-

tive than the diseased conditions they counteract or suppress.

The mental healer applies a positive thought force to the mind of the patient, and through the mind this force acts on the mind's organization; while the physician applies a drug, a negative form of thought, to the body, from which it reacts on the mind. One works on the positive pole and the other on the negative pole of the individual, and both get results equal to the intelligence of their efforts.

Natural and spiritual methods both are good and serviceable in the development of the individual. The best results will not be accomplished by flying to the one extreme of looking to the Spirit and ignoring the needs of the body, entirely, nor by going to the other extreme of applying the natural physical elements needful toward the healing, without recognizing the mind which organizes these elements and produces the perfect result. By natural elements I do not mean drastic or destructive drugs or serums, but only those elements which are found in the physical composition of the body.

Man is a composite entity, being a body, mind, and soul related to the Body, Mind, and Spirit of the Universe of God, and he must use discriminative knowledge if he would keep himself balanced and in harmony with the Whole.

When the human mind is consciously in unity with the Mind of God, and illumined by the principles of divine knowledge, every fact that has ever been discovered will glorify God and reveal

the action of the Mind of God in every sphere of existence, and in every atom of so-called matter. When viewed from the exalted standpoint of the One Great Mind, all the facts which the scientific investigators have discovered will coincide and agree with all the revelations that have dawned upon the intuitive perception of man.

Man will evolve to that condition of mastery over his physical nature where he will escape all the ills of the flesh and many other ills beside, when he gains the knowledge of his unity with the Divine Mind, and realizes that he can individualize these potent qualities of mind which image forth the likeness of the Divine Being; that he can have perfect health and perfect happiness only by having a perfect character.

Man must understand that the currents of his thinking qualify the blood and nerve currents, which control and feed every organ, muscle, and fiber of his complex physical organism, and that there lies within his mental grasp the power to control every action of his nature. Through the wonderful action and reaction of his positive and negative mind, backed by the universal Intelligence, the processes of life have been going on unconsciously, and the human mind has not realized that it was the cause of discordant conditions, and could just as easily cause harmonious conditions.

The body, the negative pole of the human battery, is responding every instant to the thoughts and feelings that are generated by the positive pole, and as the mind becomes more intelligent

and more conscious of its power, it will grow more positive and infuse the flesh with its positive intelligence, giving it vitality and strength to overcome every diseased condition.

Man is not only ignorant of his unity with the universal Mind, but he is also busily engaged in thinking thoughts that do not conform to divine ideas, nor express the qualities which characterize the Thoughts that emanate from the positive pole of the divine Mind; he is generating thoughts and feelings of lust, hatred, condemnation, fear, malice, selfishness, revenge, cruelty, jealousy, and envy, which come into physical expression as a host of abnormal bodily conditions. All such thoughts and feelings are mortal, and tend toward disease and the disintegration of the human magnet. They produce currents which cross with the currents of life and health and destroy the human organism, while the thoughts of the divine Mind — purity, love, praise, courage, power, joy, freedom, success, and goodwill — are immortal and filled with the Life eternal; they are most positive and have the power to convert, transform, and reorganize all the mortal and negative thoughts and their resultant conditions into health, harmony, and happiness.

As all space is filled with electricity, which becomes manifest only through the dynamo that generates it, so in like manner, the whole of Immensity is irradiant with the beneficent healing Thought of the Divine Mind — the Holy Spirit — which will come into action by being polarized to the positive pole of the human magnet.

This mighty Mind of God is manifesting its love, wisdom, and power throughout the whole of its vast creation; it is individualizing its thought wherever there is form or life, and inspiring all creatures with the great vital impulse which causes them to progress in the onward and upward movement of evolution, from the negative pole of undeveloped Mind to the positive pole of conscious life and intelligence.

HOW TO PRACTISE MENTAL HEALING

THE central attraction of the New Thought has been the great fact of its healing power. Into the mind of the race has come a mighty wave of New Thought, bringing with it a merciful vitality for the strengthening of the weak, the healing of the sick and the soothing of all pain. The Angel of Goodness is stirring the pool of life and all who will may have health and peace in overflowing abundance.

If you are seeking health — physical, mental, or spiritual — it is essential first of all that you thoroughly grasp this fact: You are all mind, through and through, from soul to physical atoms. You believe that you are part mind and part matter; that part of your nature is intelligent and the rest is inert and unresponsive, except to powerful drugs and stimulants. But the fact of the matter is, every nerve and muscle and atom is responsive to the action of your mind. You are organized intelligence. **YOU ARE ALL MIND.**

You have been in the habit of thinking that all the mind you have is situated in your brain. To be sure, your brain is the most positive center of mental action, and from its substance you generate the conscious thought that inspires and affects every negative center in your body. If you but

stop to think, you will acknowledge that there is an instinctive intelligence operative in the involuntary action of your heart and lungs, and in every organ of your body. There is wisdom expressed in the adaptation of every bone and muscle and organ to its proper uses. And this wisdom is a creative intelligence constantly operative in your physical organization. You know your will has dominion over matter, for your will, operating through your arm, can move an inert object. Now that same mental force which acts through your will to lift a heavy weight into the air, or walk your one or two hundred pounds of flesh the distance of a mile or more, is the same mind that is organizing and reorganizing every part of your body, and it is this mental force that can be educated to heal your body and keep you in health. You have misdirected this wonderful force and it has caused you sickness and pain.

If you have been fearful of God, or man, or the devil, you have congealed the secretions and by your thoughts of fear retarded the action of some physical function. You should learn of the Love that overcomes all fear. Heavy charges of electricity will burn out the wires and connections in an electric battery, and if you consider that your organization is a mental battery, you will not be surprised that heavy charges of anger paralyze the delicate nerve wires and burn out brain cells in such abundance that mental action is no longer possible. Passion will poison the blood and destroy digestion. Fright has been known to turn the hair white in a single night, and excessive joy

has so affected the whole organism as to cause sudden death.

Woven into your mind are all the false beliefs and feelings of the race, which are the basic causes for all mental and physical tribulations. The true philosophy of life will correct these causes and unite you to the fountain of everlasting life and love from which will bubble forth a joyous life and strength sufficient for every need.

The second point of importance for you to understand is the marvelous fact that thoughts are forces, endowed with an intelligence which enables them to be directed to accomplish what you will, in your body or in the body of a friend. As angels of mercy and love are sent out from the Almighty Presence to carry blessings to humanity, so from your mind are sent out thoughts endowed with your quality of intelligence, which go forth to cause peace or pain wherever they may be sent. You have probably not realized the importance of the truth that God gave man dominion over everything less positive than himself. "Ye are gods," said David and Jesus. You have been endowed by the Almighty with dominion over every negative state of your body-mind. The will power which you have received from your Father is creative in potency, and you can create health and happiness by working in unity with the love and wisdom of Elohim.

Disease and pain are the results of a lack of strength or intelligence in the inharmonious organ. You can consciously increase the force and intelligence in every organ of your body by think-

ing of the organ as an intelligent thing and blessing it with your power of thought. Take the heart, for instance. You know that mental excitement or fear will increase or disturb the heart's action. If the heart is weak in action, speak strength to it in this way: (It is not necessary to repeat the words aloud.)

I am strong and courageous, and I fill you with my strength and courage.

You are organized life and intelligence.

You are active with the life of God, and there is nothing to limit your strength and power.

Repeating such words constantly will develop strength in the weakest heart and cause it to do its duty without a murmur. The bodily organs are like children or animals; they appreciate love and attention. We are thinking so much of external things that all our thought force is spent outside of the body, and when we do think of any particular organ it is with a fear that it will not do its duty. Such thoughts go into the organ thought of and work to limit its action. Every time we think or speak of our weakness, or limit in thought the action of any bodily function, we are actually tearing down the strength and power of our organism. We must understand that as children of the Almighty we are endowed with all power and intelligence, and that we limit or expand our powers by the action of our own minds. If we build a mind of faith in the Presence and Power of God in our midst, our faith lays hold of and brings into operation his divine life and intelligence. And likewise, if we place any limit

upon our own abilities, whether in the ability to manifest health or success in any department of life, just in that degree do we limit the action of the Almighty in our behalf. God is glorified in glorifying his children; in making of them gods in his own image and likeness of health, perfection and success. "Be ye perfect even as your Father in heaven is perfect," is the command.

The mind can construct or destroy. Good, harmonious thoughts full of love and praise are constructive. Vindictive, pessimistic, angry and critical thoughts are destructive. Prof. Elmer Gates, then of the Washington Smithsonian Institution, constructed a breath-condenser which will reveal poison in the exhalations from the lungs of an angry person. It is known to the medical profession that mothers have poisoned their babies and caused them to die in convulsions by nursing them after a fit of anger.

This destructive power of the mind can be used consciously to dissolve abnormal growths from the body. I defy any false growth to withstand the dissolving thought focused upon it by a persistent mind. Say to any such growth as often as possible: *My body is the temple of the living God, and you have no right to destroy this temple or to create imperfection. I dissolve you by the potency of my concentrated will.*

An organ in pain can be soothed as you would comfort and harmonize an unhappy child. Do not forget that the organ is as intelligent as any animal, and as responsive to a harsh or pleasant word. *I bless you with the love of my soul,*

which harmonizes all your nerves and atoms.
Such blessings will create harmonious conditions.
If your blood is impure, think in this manner:

*I am a pure spring flowing from the Fountain
of Divine Life.*

*My blood is cleansed and purified by the Holy
Spirit that glorifies all my life.*

*My heart is cleansed of all impure thoughts
and feelings, and I am at peace.*

Dormant activities can be aroused by persistently thinking toward the organ or organs:

You are the Spirit of Life in action.

*You are filled with joyous, active life, and you
love to fulfill the will of my soul in making life
manifest.*

Many have overcome indigestion of long standing by repeating over and over:

*I have within me the power from God which is
able to digest and assimilate anything that I may
choose to put into my stomach.*

*My stomach is a living dynamo of life and
energy capable of doing its perfect duty.*

*My stomach enjoys its work and loves to as-
similate the good life in all things.*

These are but a few of the many processes that may be used. Each case requires thoughtful attention and much confidence on the part of the one using the healing thought. If confidence is not aroused after a few trials, you should not lose faith in the methods, but should seek a teacher who can help you to that state of confidence in your own powers which is but latent and inactive from lack of recognition and exercise.

That part of mental or spiritual healing which seems to border on the realm of the miraculous is the power of one mind over another mind and body situated at a distance. This is based upon the truth that minds are not distinct or separate, but are surrounded by and united in One Universal Mind, of which each one is an organized part. We are living in an invisible ocean of Mind, and through this ocean our thought waves proceed to the one to whom they are directed, just as the Hertzian waves vibrate out from the transmitter of a Marconi instrument to the receiver situated at a distance of thousands of miles. As it is possible to send impulses through space without wires, so may we send the more highly refined thought impulses from one human battery to another, no matter how far apart they may be. In treating patients living at a distance, the same process may be used as in treating oneself, except that the name of the patient should be repeated mentally about seven times before talking to the part of the body to be healed.

It should be remembered that the physical body is organized by the constructive force of thought and feeling. Our invisible character is a real form of force independent of its physical envelope. The character is the positive organizing mind, the body is the negative mind, obedient and responsive to the action of the more positive entity. It is through your character that all life and action express in your physical body, and your character determines the quantity and quality of your life, also how successful you will be. Char-

acter forms or limits life. So the real basis of all true mental or physical healing is character building. Now this invisible character — this invisible part of you — which is so potent in weaving physical substance into grotesque or beautiful physical forms, into diseased or healthy forms of life, is a bundle of thoughts and feelings crystallized. As you have organized your character by your constant thinking, and thus created the cause for your present physical condition, so by your thinking you can recreate and transform your character and change all the expressions of your body into new and more beautiful texture. If you have piled false thoughts and impure desires one upon the other to cause an unhealthy mind and body, you can begin now to use your thoughts to dissolve the mental building of the past, and work your mind just as persistently to form a character that will be composed of pure emotions and true, generous thoughts. A mind that is in the consciousness of the Almighty Goodness and Love of the Father, having naught but blessings for every soul of God, feeling only kindness and goodwill toward even the meanest criminal, will glorify its earthly temple with the very Spirit of God, and be transfigured into the image of the divine Perfection, as was Jesus the God-Man. And we all, with perception open to the living Truth, beholding the divine Love, may be transformed into the same image from glory to glory, even as by the Spirit of the Lord.

We must open our eyes to see that the physical universe is the body of the infinite and eternal

God, and if we comprehend how our mind pervades and affects every part of our body, we will grasp the truth that the omnipotent Mind of God is present in every part of his Grand Body.

We are surrounded and pervaded by his loving Presence, which is eternal life to all who awake to this fact. We cannot escape from God. We are organized from his Mind and Substance, and as quickly as we recognize that we can have all of the Good we can accept and make manifest, we will begin to draw upon the inexhaustible Source for all the life, health, prosperity, and satisfaction we need. We should build our faith strong in the truth that the Almighty is for us, and nothing of evil can overcome us or make us forget that there is only omnipotent Goodness in us and all about us. It is in those who are apparently evil, but they have not been taught of the divine presence, and the condemnations of mortals help to keep hidden the germ of divinity that slumbers within them. They are misdirecting the good life and energy with which the Father so bountifully supplies them, because they lack knowledge of how to use and apply their forces, and nothing will save them from their ignorance and sin but the knowledge of the truth of their own unity with the Father.

It is very important for us to know that we grow like that which we study. If we keep before our minds the beauty and perfection of the character of Jesus Christ, we will find our souls attracted more and more to that divine ideal, until the same love which he had and has at the present

time for humanity, will be kindled within us, and we shall know that we all are of one kindred and have but one Father, even God. The most perfect and permanent healing is attained only by the perception of this grand truth and the awakening of the soul to the realization of the mighty love of God. This Christ-love must endow us with a feeling of universal fellowship with all souls as children of the one Father; we must feel toward all just as Christ felt, if we would be healed by his transforming love. The Christ Spirit yearns to heal and prosper all souls, but unless it can find entrance and expression through our souls as love, its power is limited so far as we are concerned.

I have studied all the modern theories promulgated for the healing of the sick, and for years I have taught and practised the healing Truth, and I wish to give as a word of guidance to all who may be seeking for the healing power, either for self-benefit or for the healing of others, that the living personal Christ is the repository of all wisdom and all healing love; and the one who will look to Him constantly and draw upon Him continually for the healing influx, will find an exaltation of the spiritual nature and an indwelling, heavenly bliss which will bring a culmination of all desires and satisfy the mind with the consciousness of an immortal heritage that even death cannot overcome.

Study the New Thought and expand your mind with its healing, freeing truth, for it will free you from many misconceptions about God and man; it will bring you up to date in your thought,

for when rightly taught it unites the latest revelations of religion and the latest discoveries of science into one glorious truth. But while you are educating your head in this religious truth, keep your heart very close to the loving Heart of God, the personified Presence of the Father from whom streams the healing love and life, without which you are never any more than a mortal, but living and expressing which you are a healthy, radiant Soul of God.

SCIENTIFIC CONFIRMATION OF THE POWER OF MIND

THAT thought controls the blood current has been given startling scientific confirmation by Dr. W. G. Anderson, of the Yale University gymnasium. He has a subject lie on a very delicate machine called a "muscle bed," and the body is so adjusted on the bed that it is perfectly balanced as long as the mind of the subject is indifferent and passive. But let the subject try to solve a mental problem and immediately there is a flow of blood to the head, which causes the "muscle bed" to tip toward the head. The mere imagination of walking or running causes the blood to flow toward the feet, and the machine to tip in that direction.

Numerous experiments with this machine have proved that the blood responds to the action of thought and feeling. As the blood is the fluid which takes up all fatigue and destructive poisons from the tissues, and that also carries all the necessary reconstructive elements; and as it can be directed consciously to carry nourishing, healing elements to any part of the body, then the power of mind which controls it is the greatest healing force known to man.

The following words of Louis R. Muller, whose photograph shows that he has attained a

splendid physical development, coupled with the statements of Eugene Sandow, one of the strongest men in the world, are also interesting evidence of the practical way in which the power of mind may be exercised in physical development.

THOUGHT FORCE AS A FACTOR IN MUSCULAR DEVELOPMENT

"In the development of a more perfect physique there are quite a number of things to take into consideration. A great many enthusiastic beginners think that the word 'exercise' covers the whole field. So it does, but not bodily exercise. Exercise of the functions of the brain is equally if not more important. Concentrating the thought force along certain lines gives us a controlling power to overcome unhygienic habits that tend to retard the growth of muscular tissue. Mere bodily exercise, even if performed at haphazard, will in time produce some good results. Tissue-building is a natural consequence of following certain well-defined laws. In order to obtain the most rapid development we must make a scientific study of those laws.

"We must exercise the muscles, use proper diet at the proper time, be thoroughly hygienic in our habits — and when I say hygienic I mean it in a broad sense. One must abstain from tobacco and liquor in every form, and allow himself enough time for sleep. His moral habits must be above reproach. All these things tend to put the mind in condition, that we may gain the power of concentration, and concentration of the mind is the fundamental law that governs the growth of tissue.

"It is no theory, but a well-defined law, that the more we concentrate, the better our results. We must know the muscles we wish to develop, and by concentrating all our thought force in their direction, the dead cells are more quickly removed, and new ones added in greater quantities, owing to the increased nervous activity of the parts. We must practice concentration of the mind in its highest degree, hand in hand with physical exercise, if we wish to obtain the most perfect results.

"Diet has a great deal to do with our power of concentration. Concentration in a greater or less degree is the cause of all muscular development. It is unconscious in some, but it can be developed in all. It is the most important part in scientific physical culture. To be able to focus all one's energy on a certain muscle, and to accomplish this with ease, is a faculty well worth developing. One can almost seem to see a muscle grow. I would advise one who is ambitious to try this for awhile, to see how quickly he will notice the improvement. First, cultivate proper habits of diet, hygiene, and purity of thought; then try exercising one muscle at a time, till it is thoroughly tired, concentrating all your thought on that one muscle. Let your mind be perfectly passive, and for the time being hold to the thought of the one muscle you wish to develop.

"LOUIS R. MULLER."

CONCENTRATION OF MIND

"So far as heredity is concerned I had nothing to be especially thankful for, since while still a mere lad my father's friend advised him to direct

my studies toward the ministry, as he explained, 'Your son will be hardly fit for any more strenuous occupation.' Later our family physician in Konigsberg, near the Russian frontier, told my father that if he would not take me to Italy for the winter I would never survive it, such a weakling I was as a child. Well, I went to Italy, and there my eyes were opened. The Greek and Roman statues I saw there inspired me to lift from myself the stigma of weakness, for I felt somehow that even in our time the weak man is despised. I went at the labor of revitalization with energy and persistence. You perceive I have somewhat succeeded, and let me tell you I am still at it. I maintain that it is possible for a man to emulate my example, even as I emulated that of the Greeks and Romans of old.

"It is the mind — all a matter of the mind. The muscles really have a secondary place. If you lift a pair of dumb-bells a hundred times a day with your fixed attention on some object away over in Cambridge, it will do you very little good. If, however, you concentrate your mind upon a single muscle or set of muscles for three minutes each day, and say, 'Do thus and so,' and they respond, there will be immediate development. The more you waste the more you make. A man with strong concentration of mind will develop quicker in the quality of his muscles than he who cannot concentrate his mind upon the matter. The whole secret of my system lies in the knowledge of human anatomy — in knowing just where one is weak, and going straight to work bringing that part up to the standard of one's best feature — for there is a best feature in every man, as there is also a worst. The secret is to 'know

thyself,' as Pope says, and, knowing one's weakness, to concentrate the mind and energies upon that weakness with a view to correcting it.

"EUGENE SANDOW."

HOW TO CONCENTRATE

You must build up a spiritual body of thought for yourself, by thinking truths over and over until they become part of your mind. You will become so positive in truth by this method that you will feel the vibrations of truth, and nothing else. But this is a practice that must be made the work of a lifetime. The fruitage from it will be a spiritual body that shall grow and develop in power and dominion throughout all the progressions of spiritual life.

The way to overcome outside thoughts is to cultivate your own thinking power by systematic effort. Have some special studies in Truth that are interesting to you, carry them with you, and use them as a means of concentration for the development of your mental power.

The Spirit flows into the body only through the channels of one's thoughts and feelings. In the thought or feeling of God there is unlimited healing and transforming power, and as the mind is exalted to feel and think as God thinks and feels, the thought power which creates perfection becomes the inspiration of the body, and the negative mind of the body evolves into an image of its peace and perfection, making visible the God-idea.

The mind lives in and senses through every

nerve of the body. The will of the mind is done, consciously or unconsciously, in every particle of physical substance; thus you see your body is responsive to mental force. And as your mind is attuned to the Mind which prevails in the order and harmony of the universe, the atoms of your nature will obey the infinite Law which planets and suns obey, and will manifest the harmony and health which is the natural expression of God's perfect life. There is life in unlimited abundance. There is intelligence and power sufficient for every need, and *you* are given the free will to use and organize all the potencies of the Divine Mind in the building of a temple of health that shall fulfill your ideal and make your understanding of the goodness and power of Elohim visible to mortals.

WONDERFUL POSSIBILITIES

THE transcendent force called thought links the human organism to the inmost source of power, and endows man with the ability to overcome the limitations of matter. And whence the birth of this wonderful force of thought? It is born in matter.

We gain a new conception of the latent God power crystallized in matter when we realize the fact that matter is the mother of thought. The forces of Mind become involved in matter before matter evolves thought.. Matter is the mother, Spirit is the father of thought. Mother Nature gives birth to intelligence, the seed of which is from God. (Read the third paragraph on page 28).

In the history of the evolution of the world we read that the nebulous fire-mist crystallized into a planet of solid rock. Through the eons of time the solid rock evolved from its substance all the forms of life and all the forms of intelligence with which the planet is graced at the present time. Think of it! from the rock man's form has come. All the glory and beauty in the world were stored as a possibility in that ancient granite sphere. Does it not awaken within us a new sense of the presence of power — of Omnipotence — to think of the vast possibilities of life

stored within the simplest lump of clay? We call it dirt. We tread under foot with the feeling of repugnance the mother of our physical forces and faculties, and do not recognize her unlimited possibilities as the negative nature of Omnipotence, of God.

Truly we are waking to a wonderful vision of the presence of God, as all and in all. Even materialistic science has begun to recognize that what was believed to be dead, inert matter, crystal or metal, has the attribute of sensation. So the truth long promulgated by Mental Science, that All is Mind, is now being demonstrated as fact by conservative, materialistic science.

Thought is matter in motion. Thought is the most refined, the most potent activity of matter. The organism of man is the product of the progressive evolution of matter, inspired by the brooding Presence of the Infinite Spirit; from this most complex organization of man is born the sublime product called thought, that imponderable spiritual power which transcends the laws of negative existence.

In man matter becomes self-conscious and intelligent. Omnipotence has evolved itself to self-conscious manhood. The utmost capacity of mortal understanding cannot comprehend what the deific principle, omniactive, has already accomplished. How shall we grasp the wonders that lie before us in the unfolding future? We now know that matter is undeveloped mind; that the attributes and potencies of God slumber in matter.

Through the ages of evolution every type of animal has added a little more development to the brain substance; we are gradually increasing our thought-producing capacity. The brain is of finer texture and the nervous system is more complex in the human than in the animal form. The force generated in the brain and present in all the nerves is the thinker and the doer — the personality.

Every active creature is a demonstration of the power of mind over matter. The lifting of the hand is the revelation of the power of thought over matter. We have been exercising dominion over our flesh without being conscious of the fact and without realizing the possibilities of conscious control in that very dominion.

The body is an electro-magnetic battery for the generation of mental energy. The seminal fluid is the essence of all the chemical elements in the food. From it develop brain and nerve cells; from it are also generated by the mysterious alchemy of life the most spiritual and refined powers of mind. Animals and men have progressed with the development of the brain, and the brain has developed from the conserved vital fluid, which has served as a basis for new mental structure and a greater capacity for thought.

Having come to the recognition of the truth that I am all mind, that every cell of my body has the capacity for intelligent action and is responsive to my will, I desire to cultivate this latent mind of my flesh so that my will shall be done throughout my whole mental organization. How shall I proceed?

It is essential, first of all, that there be no waste of the seminal fluid, for this is the matter from which thought force is generated. A man or woman lacking vital force cannot be strong in mind. As his inheritance from the lower animal species man has received strong sexual propensities. With animals preying upon each other, and man warring against man, nature expended her force in the perpetuation of species and developed the sexual instinct to that end. Now, with the highest type evolved and an era of universal peace at hand, the force heretofore expended in the generation of children, or for mere sensual gratification, can be conserved for the higher development of individuality.

The animal is an undeveloped and transitional form of man. Now that we have attained to manhood, with self-conscious understanding of our possibilities as mental creatures, let us lay aside the propensities and the selfish habits of animals for the full enjoyment and expansion of our mental powers. Until man has gained conscious dominion over the animal propensities and turned all the sexual force into mental power obedient to his will, he has not become initiated into the real enjoyment of life nor made conditions for the permanent health of his body. Perfect health of body, as well as the continual regeneration of the tissues, to the elimination of old age, is possible for all by the application of this principle of the conservation of vital energy along with the conscious control of the organs by the will.

The brain is not limited to the cavity in the

skull. It extends the ramifications of its structure through the whole organism. Wherever there is need of more intelligent action in the body the nerves have formed into small brain centers. The blind grow brain cells in the tips of the fingers, and through these new centers of sensation are able to distinguish colors. The various plexuses are at about the stage of development of the animal brain — subconscious or instinctively conscious. As the mind of an animal may be developed in intelligence, so may these centers of mental energy within the body be developed to a degree of intelligence equal to the main center in the head. We can direct the intelligent force of our thought to any organ in the body and coöperate with the intelligence in the organ to its renewal in strength and restoration to health. A little personal experience may help to make this clearer.

I was awakened during the night by an intense neuralgic pain in the nerves of my teeth. It called for immediate relief. Just as soon as I became fully conscious I felt that I had dominion over those nerves and could relieve them by thought alone. They were merely demanding their proper nourishment. I turned the full intensity of my thought to supplying the nerves with healing substance, and in a few minutes they were satisfied and at peace.

In treating patients, whether present or absent, I have found that many disturbed and diseased conditions have their cause in a depleted condition of one of the sub-brains in the body.

It is enough to focus the thought power upon the weakened center, infusing it with new life and strength, to heal and harmonize the diseased condition.

We have the directing of an intelligent force which is capable of reorganizing the substance and structure of the flesh; we can so infuse the body with thought force that its latent intelligence will be developed, and with the awakening of new intelligence in our flesh will come new vitality and new power, until the will has the myriads of its cells so responsively obedient that it is almighty in its organism, and discord and disease can no longer enter.

Every center will be sensitive to thought, and will generate sufficient thought to carry on the work of its department perfectly. All the senses will be attuned to a new octave of vibration, giving birth to clairvoyance, clairaudience, and psychometry; and so spiritual will the whole mind become that the intuition of man will be able to partake of all the wisdom stored in the omniscient Mind.

MENTAL INFLUENCE AT A DISTANCE

THAT each individual is a mental dynamo, constantly generating a radiant force by his thoughts and feelings, is not so hard to believe since the discovery of wireless telegraphy.

When we understand how a wireless transmitter can radiate Hertzian waves for thousands of miles, and how the same waves can be " sensed " by delicately attuned instruments so far away, it is not hard to see that the spirit of man can be affected by the spiritual vibrations of another spirit with whom he is in sympathetic relationship though separated by a great distance, physically.

The ability of organized forms to exert an influence at a distance, whether magnetic or telepathic, is beautifully illustrated by the following experiments of a noted scientist.

" This professor had two ailanthus trees in his yard and these suggested the idea to him of obtaining from Japan some eggs of the ailanthus silk worm. He got a few, hatched the larvæ and watched anxiously for the appearance of the first moths from the cocoons. He put one of the moths in a wicker cage and hung it on one of the ailanthus trees. This was a female moth.

" On the same evening he took a male moth to a cemetery, a mile and a half away, and let

him loose, having previously marked him by tying a silken cord about his abdomen, so as to be able to identify him. The idea was to find out if the two moths would come together for the purpose of mating, these two being the only ones of their species within a distance of a hundred miles. In the morning the two moths were found to be in the same cage, the female having been able to attract her mate from a distance of a mile and a half."—*Searchlight*.

The Rev. Isaac K. Funk, LL.D., gives the following illustration of thought transference:

"By an arrangement with Dr. M. A. Vreeder, of Lyons, N. Y., a medical scientist of wide repute, I in Brooklyn drew the figure of a fish and then pointed to the zenith. Sensitives whom Dr. Vreeder had at his office told him at that moment that I drew a fish and pointed to the zenith. No one but myself, 400 miles distant, could have known either fact by any scientifically recognized method of communication. This seems to point to long distance telepathy. Similar facts are occurring in many places. Will not the press be hospitable to them and closely verify and report them minutely? Nature in this way may be whispering to our dull senses of forces and laws, more subtle and vastly more important than those that gave us wireless telegraphy."

A REMARKABLE CURE BY SUGGESTION

THE following copy of a letter sent to Bishop Fallows by Mrs. Marion Foster Washburn contains a valuable lesson in the use of audible suggestion. It opens to mothers a new field of influence, showing how children can be healed by suggestions given during sleep. Suggestions tending to correct bad habits and strengthen the character may be made in the same way. Wonderful possibilities in child culture are contained in this method of suggestion. The account of the cure is especially valuable in showing the far reaching effects of "suggestion" in the changing of physical tissues.

In the voluminous literature relating to mental therapeutics, there can be found no stronger testimony than this given by Mrs. Washburn. Mrs. Marion Foster Washburn is the wife of a prominent physician, and has been both corresponding secretary and president of the Indiana State Federation of Women's Clubs.

ELKHART, IND., November 23, 1904.

My Dear Bishop Fallows:

I hardly know how to tell you about John's cure, it is such a long story. The newspaper account was far from accurate. The whole thing

took place over three years ago, but I suppose the fact that John has stayed well so long, and not only stayed well but got quite appallingly strong, is only added proof to the thoroughness of the cure.

He was hurt by falling downstairs and striking the base of his brain when he was only three years old. He was paralyzed on one side — the left — so that he could only walk a few steps without falling. His left eye rolled in under his nose. His tongue and throat were paralyzed so that his speech was very thick, and swallowing so difficult that it often produced vomiting. We suppose that a blood clot was formed and pressed upon the pneumogastric center in the brain, because he had a terrible cough, like whooping cough, often protracted until he vomited blood or blood spurted from his nose. His breathing was bad at all times — that is, irregular and difficult, but very much worse at night when it was stertorous, like that of a person in apoplexy. It could be heard down two flights of stairs. At night, also, his throat had a trick of contracting spasmodically after every third or fourth breath, and then he would struggle frightfully for air.

As the newspaper account says, we called in the best counsel obtainable. We had Drs. Billings, Brower, Lyman, King, Patrick and others, including oculists like Allport and Fuller. All of them — except Dr. Fuller, who saw him after he was on the road to recovery — said he could not live a year. Some called it tuberculosis of the brain; others a brain tumor, but all said he must die. My own father prognosed a spread of the difficulty, brought about by the enlargement of the tumor or clot, which was evidently involving

greater and greater areas. In that case I had to expect blindness, deafness and finally feeble-mindedness and death.

One night, in utter despair, after helping the poor boy to fight for his breath hour after hour, I just prayed the Lord hard that John might die; the torture was too terrible. I suppose the dear Lord knew what I meant, that I wanted relief for the child so intensely that I was willing to give him up that he might find rest; and so He answered what I meant instead of what I said. For immediately after praying I fell into a deep sleep — even John must have slept, for I was not roused, and his slightest stir always roused me. And when I awakened in the morning the whole plan of treatment was clear as crystal in my mind. The elements of the idea had been there all the time, because I had read with my husband, and had seen him do wonderful things with suggestion. But the notion of applying it to a case of mechanical injury to the brain, like John's, had never occurred to either of us. Now, however, I remembered an article by Prof. Elmer Gates, who said that under suggestion he had known sound brain and nerve cells to move over and take the place of injured ones.

I began with John's breathing, because that distressed him the most, and threatened many times a night to end his life by suffocation. So I made him look at a silver dollar, so held that it reflected the light of a candle straight into his eyes. Then I kept repeating: "Now you are going to sleep, but no matter how sound asleep you are, you will hear mamma and do as she tells you." This was when he went to sleep at night. During the day I had explained to him that he had two brains,

an upper and a lower, that the lower one was sick, but the upper one was all right, and that I was going to teach the upper side to take care of the lower one while he was asleep just as I took care of him while he slept. He agreed heartily and was eager for the new performance.

Well, he soon went to sleep, of course, and then I put my mouth to his ear and ordered him to breathe just as I breathed. When he got out of time with me, I roused him by tapping him sharply on the shoulder.

"You are forgetting," I said, sternly. "You are to mind mamma, no matter how sound asleep you are. Breathe now."

He was not used to sharp speech, and sometimes he would murmur:

"Are you speaking cross to me, mamma?"

"No, dear," I would answer. "Not to you, just to your brain."

Sometimes he would slip from my control and I have had to dash water in his face to rouse him, and then use my silver dollar and put him to sleep all over again. It seemed to be just natural sleep, sometimes very profound, but just sleep, with fixed attention. He was never cataleptic at these times, though once, in the daytime, I induced this state. But I did not want it. My idea was to utilize natural sleep, to keep everything as near normal as possible. As you see, I discontinued the treatment, simple as it was, as soon as I could with safety and comfort. Along the line of that attention I believed the nervous energy flowed, and where it went cell growth and proliferation were increased and new tissues built.

From eight at night till two in the morning — at which hour he always grew quieter — I regu-

lated his breathing like this, kneeling beside him, my mouth at his ear. I kept this up for two months. At the end of that time he was so far cured as to be perfectly comfortable, though his left side was still weaker than his right, his eyes were a little crossed, and he still had spells of terrible headache, relieved by a nose-bleed. From that on we just built up his general health with no more special treatments, and our moving here into the country finished up the cure. Now at ten years of age he is as strong as a young ox on both sides, and weighs 118 pounds. His eyes are perfectly straight, but he wears glasses for school-work, as the oculist says his eyes did not develop during the time he was so ill — nearly three years altogether — but that he will catch up by the time he is grown and have as good eyes as any one. As for his mind he is unusually bright and competent. But then he always had a superior brain. That is why I could manage him so well.

My love to Mrs. Fallows, and believe me faithfully yours,

MARION FOSTER WASHBURN.

I AM ALL MIND

CONSIDER THIS TRUTH, FOR IT IS THE KEY
TO DOMINION

THE body is held in active organization by the mind. The mind is the positive pole and the body is the negative pole of the human battery. The food elements taken into the body are of the negative mind of the Whole, the substance of the negative pole of the universal Mind, and the individual mind assimilates from the food taken into the body and from the atmosphere elements like unto itself, which it organizes into the visible expression of itself. The negative pole of the human battery is just as important as the positive pole, and must be cared for and supplied with the proper elements in order to form a perfect battery for the production of thought power, just as the battery which produces electric force must be fed with proper chemical elements to insure a current.

It must be borne in mind that the positive mind is the organizing power, and every cell in the body is a particle of mind substance, held in obedience to the polarizing power of that positive mind. The cells that compose the flesh are bodies of thoughts. Every cell of the body is thought incarnated, and the organs, which are made up of

great multitudes of cells, can be educated by the positive mind of the individual; they can be infused with positive thoughts, so that the cells and organs will progress in the degrees of intelligence and manifest more of life, health, and perfection, as the mind becomes more and more conscious of its wonderful organizing power.

The progress of the individual toward dominion is real only in the degree that he brings his negative mind into his higher realization of Consciousness, and causes each particle of his physical cosmos to evolve and show forth the divine intelligence which he has appropriated and individualized around his positive I AM center.

Lustful thoughts and desires fill the nature with a consuming fire, which poisons the blood and burns out the nerve centers, causing disease and pain in the body and weakness and discouragement to the mind, hindering the human being from enjoying the peaceful, vitalizing influx which flows in from the soul life. Joy and satisfaction are attributes of the God-mind, and the soul as an individualized expression of the Over-Soul contains all the essentials of happiness within itself, and can impart the only true happiness to its human mind and body in the degree that it can gain full and free expression through the positive and negative poles of mind which it has organized.

Through pure and righteous thinking, or knowledge of the All-Good, the mind becomes the conscious thinking instrument of the soul, the thoughts are filled with the positive light and joy of the soul; and in this way the soul, through edu-

cation, gains dominion over the various faculties of the mind and inspires the will to hold the lower realms of the body consciousness in subjection until all thoughts and desires are educated and transmuted into positive, pure intelligence, like unto the wisdom of God.

When the soul has gained the balance of power over the instincts and desires of the lower consciousness, then its love and wisdom create in the physical nature a perfect equipoise of the magnetic and electric energies, which is health and happiness to the whole being. Through lack of knowledge of this wonderful power of soul adjustment and expression as the secret of physical and mental peace, mortals place themselves on the plane of animal experience, and seek for happiness through sexual indulgence. The magnetic man seeks satisfaction from the electric woman, and vice versa, but there is no lasting happiness attained thereby; only a momentary gratification, which depletes their systems and weakens their minds, in that carnal desires grow stronger by being gratified and gain dominion over the will and reason. The negative pole of the human battery is exerting its power over the positive pole, so that there is a reversal of all the currents in the nature.

Individuality is weakened also, because, when the character of the male is the more positive, the female will gradually lose her positiveness, and begin to feel that she is an inferior creature to the male. If the female is the positive element, the male will lose self-respect and power to express his individuality. Even the cells of the

body will become polarized to the will of the one who has the strongest mind. So it is evident that sexual intercourse is conducive neither to real health nor happiness. The electric and magnetic forces are not balanced and conserved for the generation of the inner body of spiritual power, but are expended to no purpose. All physical and mental forces find their balance and adjustment in the individual soul in the same way that the magnetic and electric forces, as well as the mental powers of the universe, are controlled and balanced by the Soul of the Whole.

A GENERAL HEALING TREATMENT

RETIRE by yourself, and study and meditate upon these thoughts. When the mind is filled with them, lie down and relax the body and mind, that the healing power may operate freely. Practise daily an hour or more.

O Thou omnipresent Master of all forms of life, I am one with Thee; I am Thee embodied and expressed, and Thee I praise for my life and all of life's blessings.

My soul is a living, radiant form of life; a glorious, intelligent individualization of the universal Life and Spirit of God.

My soul, my real, everlasting self, is alive in God, and every cell and organ and function of my body is infused with the living, intelligent power of my soul. I am alive with the life of God.

I am filled with the invigorating vitality of everlasting Life.

I am an expression of the most positive healing Potency in existence, and my recognition that I am life itself thrills my whole nature with the divine healing energy.

I am invigorated and healed by the everlasting Presence of the living God.

Pain cannot exist in any part of my nature, because the merciful, soothing power of life is now satisfying every cell with the oil of joy. The joy-

ous sunshine of life penetrates into every part of my being, and with glad understanding I affirm:

I am life, joyous life; I am peaceful, perfect life.

I feel that I am united to the universal life and power of God, and all his joyous strength is focused in my nature, making me so positive with his perfect energy that all disease and pain are overcome and transformed into harmony and perfection.

I am in tune with infinite life and peace.

My brain polarizes the intelligence and wisdom of life. All the faculties of my soul find free expression through the sensitive substance of my brain.

My sex nature is pure, holy life, free from all condemnations of sin or impurity. These organs generate unlimited vitality and strength, sufficient for all my needs. They generate the fluids which build me a strong, positive brain and vital nervous system. I am divine *creative* energy.

My heart is filled with the peace and love of the Christ life, and I am satisfied. My heart cannot be overcome by fear or any oppressive feeling, for it is strong with the love of life. My blood is enriched and vitalized with the goodness and purity of life.

All is Life. There is no lack of happy, healing life. I inspire life with every breath, and my lungs appropriate the ozone of life, which feeds my blood with the exhilarating manna of the sun-blessed atmosphere.

My stomach is a battery of digestive force and

energy, constantly assimilating food; it rejoices in the task, for it is an intelligent digestive magnet for all the elements that the body requires. I am the digestive energy of almighty Life.

I recognize that all my organs are infused with my soul intelligence, and all are conscious of their duties and work together for the health and harmony of my organism.

The free, cleansing Spirit of life flows freely through my bowels, and their operations are not hindered by any conservative thoughts, for I do not withhold the free mercy of God from any creature.

My liver is the activity of life energized with positive, active intelligence.

I recognize that every atom of my spleen is intelligent, living substance, obeying the soul's purpose in my physical economy.

I praise the power of endless life and activity in my kidneys, and know that they are the peaceful, perfect substance of life, ever active in cleansing my nature of all impurities.

I can outgrow and overcome every weakness, for I am a magnet for the vitality that fills all space. I am constantly drawing in the vitality from the all-pervading life of God in nature. I praise Thee, O Thou all-wise and all-loving Presence, that Thou art imparting to me the power of thy mighty Life which enables me to outgrow every defective and inharmonious condition, and I realize the dominion and happiness imparted from thy indwelling Presence in my soul.

Glory to God for the healing, perfecting power of Life. ALL IS LIFE.

These words may not seem true when they are first read, but by constant repetition they will create a strong faith in the power and presence of life, which will allow the Spirit of Life to come into expression.

"My words are Spirit and they are Life," says the Spirit of life in Christ, and, "if a man keep my words he shall never see death."

Faith can be created by the wonderful power of the word of truth, and through faith the healing power of God can come into manifestation.

TEACH YOUR BODY TO THINK!

MENTAL activity in animal and human organisms develops brain centers. The more intelligent the animal or man, the more highly developed are the brain centers. It is a common notion that the brain is limited to the head, but this is not true. Wherever in the body there is need of mental action, there the nerve substance develops a brain center, a sub-brain.

There is much more intelligent activity going on in the body than we are conscious of. All the subconscious or involuntary actions of mind, like the action of the heart or the breathing of the lungs during sleep, are carried on by the instinctive operation of the mind active in the various sub-brains or nerve plexuses located in different parts of the body.

A vast amount of intelligence is active through these little brains. All hereditary thoughts and feelings, and all the old thought of the past which seems to be outgrown, are stored in the subjective chambers of thought, and through these sub-centers influence the formation of the atoms in health or disease. The hypnotist gets control over the intelligence of the subjective mind active through these centers and performs wonders of healing, because this subjective intelligence is the organizing power of the flesh.

We can gain control of all these subconscious centers of mental activity, and thus gain dominion over the whole body. For instance, the heart is controlled by a sub-brain or plexus. This plexus may be influenced by conscious thought. We can will that strength shall be developed in the heart, and the message will travel through the nerves and take up its abode in the heart center, and from there influence the heart's development in strength. So with every center.

Man is superior to the animal in intelligence because his long evolution has developed the activities in the head-brain to the degree of conscious thought. How wonderful will be the man of the future who will so develop the activity of every brain center in his body, that he will be able to think consciously in every center. He will think in every part of his body. He will have full control over every function in his body. He will be able to do consciously whatever is now done by the hypnotized subject, and more. The hypnotized subject, in whom the subjective mind is obedient to the will of the operator, becomes clairvoyant. He can see what is happening at a distance; or see all the activities in his own body or the body of another person, and diagnose diseased conditions. He can travel in thought to any part of the world and feel and hear anything, anywhere; is clairaudient and practically omniscient. He can read the thoughts of others and communicate with departed spirits; in fact, seems in touch with all minds in the whole mental universe. Not all hypnotized subjects can do all these things,

but according to their mental development they can see or feel or hear supernaturally, that is, beyond the limitations of the natural senses.

Jesus, and the masters and adepts of India and other countries, the saints of ancient and modern religions, and the mediums and psychics of the present time all reveal the possibilities that await the development of the whole mind of man.

The brain centers must be purified of all the limiting beliefs of the race mind, in order that a new life may flow through them to the manifestation of perfect health. We cannot do what we do not believe possible, so faith in our unlimited possibilities must be developed. We must free the mind, conscious and subconscious, from all ideas of bondage and limitation. For instance, the sex center is limited in its expression of life by the condemnation of millions of minds. All the life flowing into that center is stamped as impure. Therefore the thought of impurity must be denied out of the mind and the sexual plexus must be freed from the belief that its life is impure. Its life is of God, born of his pure Spirit. If we believe that any organ is impure or limited in its operation, we turn the intelligence in that organ to creating impurity and to limiting the flow of life. There is a hint here which applies to all departments of thought.

Especial attention should be given to healing, harmonizing and increasing the power of the solar plexus or abdominal brain. This center controls the digestion and assimilation of food. When it becomes disturbed, the whole body suffers. The

solar plexus is most often weakened by sexual indulgence. It depends upon the conserved vital essences for its strength and power, and when these are deficient it loses the power to supply all other centers with proper nourishment. To try to restore the deficiency by overeating only increases its burden, causing it to draw for strength upon the brain, heart, and other centers. Neuralgia, headache, nervous heart trouble and many other painful symptoms are due to weakness of the solar plexus.

In blessing or centering the thought upon any part of the body, there is an increased power given to the part by placing the hands, or the tips of the fingers, over the part treated. When treating the solar plexus, place the tips of the fingers over the stomach.

The following affirmations will suggest others:

My solar plexus is alive with omnipotent Life.

My solar plexus is alive with soul power from God.

A living, glowing sun of vital power is situated in my solar plexus, filling my digestive organs with unlimited strength and power.

Unlimited life, strength, and power flow into this center, enabling the organs to carry on the digestion and assimilation of food without any distress.

This center is storing up power to distribute to all the other nerve centers.

This center is a living dynamo of vital force, radiating its intelligent force to every part of the body.

I am now generating unlimited healing vitality in my solar plexus.

Six of the brain centers are called sacred centers, because in them the soul of man functions. The six sacred centers are the front brain, the throat, the heart, the solar plexus, the rectal plexus and the sexual plexus. Bless all these centers with love and wisdom, for they are the centers through which the soul, an intelligence superior to both the subconscious and conscious minds, comes into conscious expression. Until the soul attains some conscious power in the organism its main center is the solar plexus. The solar plexus is a ganglia of nerves located back of the stomach, radiating, like a sun, out to the various organs.

Think of the soul as a globule of light and power situated in the center of the body. As the six centers are infused with thought force the intelligence in them increases, and as they become more positive the soul gains power to express through them. Then the real regeneration of the flesh begins, to be carried on to the end of this present existence, and continued, in the spiritual form, on into the world celestial.

Our development is more a matter of ages than of years. The soul is an organization of the wisdom and love of God — his Glory — and it has within its memory all its past accumulated wisdom and experience; but the personality, under the most perfect conditions on this plane, can express only a small part of the wisdom and power

stored in the soul, because of the limited and negative degree of mind in this world. So we continue to live to the highest while here, knowing that when the real race is begun in the spiritual spheres we shall be stronger for having worn the weights of limitation in this practice sphere of experience.

Let us not be troubled by time. Let us each day be filled with the peace and joy that comes from doing the best that can be done under the circumstances.

USE YOUR WILL TO OVERCOME INDIGESTION

**IF your food distresses you, hold the following
in mind very positively:**

I know that what I have eaten will not upset or distress my stomach. I know that food is an exceedingly negative thing in comparison with my will, and I deny that it has any power to disturb me. My will is one with the will of God, whose mighty will, focused in my will, gives me the power to overcome. I am more positive than any food, and food must and does serve me. I will not, and hence do not, serve it. I am master of all things, and I will demonstrate this fact and prove my true position amidst my surroundings.

I will rise to meet any distressing symptoms with all the assertive power of my individuality, and I resolve not to have pain or distress in head or stomach. Nothing can compel me, the master, to submit to such a negative cause. God has given me dominion over all things. I know this! I will be free. My understanding and my will power now combine to bring this result.

The understanding and the will power must work together; neither can get the result alone, for understanding is the implement with which the will works. The will is the master; both are

essential to complete execution. First the understanding of the goodness and power of God in everything, and second the constantly increasing will and determination to make his goodness and power manifest in all ways. Understanding will avail nothing if you have not the will to execute. All should apply themselves to the study which begets understanding of truth, as it is needed for mental building material.

As you get understanding, cultivate a strong, positive determination to use this wonderful material in building a firm foundation on which you can erect a grand and beautiful life structure for yourself. Never let anything stand in your way; keep on trying in the face of every obstacle; and let nothing make you yield. With such determination as this, as you continue to add to your understanding, you can overcome every obstacle. You can face every force in your world — it matters not how powerful it is — and it will, in the proper time and place, become subservient to your mastership. You are a divine organization of intelligence and love and will combined, and as you keep on striving and aggregating strength to the strength you have by this time acquired through the force of your determination, ALL things, by a God-given law, will give way. But remember, subservient things acknowledge you only in proportion as you assert your Self. All things are bound, through this positive assertion, to acknowledge your mastership. You can do all you will to do; this is dominion.

Bless all the sick and ailing ones, for they do

not understand the power vested in them. We tell them all that they need not lack health, for health and strength are organized in them; such is the law of life. These beliefs that they manifest are not absolute truth; they are negative beliefs. They can be overcome by positive beliefs, founded on living Truth. Life and Health are two great realities that have always existed and will continue to exist forever.

THE SUBCONSCIOUS MIND AND SOUL CONSCIOUSNESS

THE nature of man consists of three states of consciousness — physical, mental, and soul consciousness. The deductions of scientific minds embrace the explored field of the conscious mind, and the but partially explored field of the subconscious mind, but do not take into consideration that mystical but most potent field of soul consciousness. To them the mind is the soul.

We know from the development of our own soul perception that the soul is a deific individual descended from the inner sphere of Omnipotence to the outer sphere of mortal consciousness; that it is a Seed of Divinity planted in the earth-mind. Its roots are in the earth, but its life and powers are from the God-Sun of heaven, and in heaven will its fruits be gathered for the Father's use.

The soul is a Word of eternal wisdom, life, and love, that shall increase in creative potency throughout eternity. The conscious and subconscious degrees of mind constitute the personality, but the soul is the real individual. When the awakened soul speaks, it is the voice of God.

Minds of materialistic tendency are apt to become as deeply engrossed in the phenomena of the subconscious mind, or "subliminal consciousness," as scientists have been in the phenomena of the material realm, and it is in accord with the

process of mental evolution that it should be so; but those who want to know God and who desire to find the inspiration and healing of his divine life and power, must look to the eternal Principle of Truth — to God Himself — though they have only intuition as a guide. Intuition, which reveals the eternal principles of the divine nature, will demonstrate that it is the supreme authority for truth. If intuition is followed the soul will be recognized and fertilized by recognition and devoted love until it becomes a dominant power, healing and spiritualizing both the conscious and subconscious states of mind and preparing them for the grandest and mightiest exhibition of spiritual power.

The subconscious mind is an organization of all the thoughts and feelings, of all the mental activities of the mind from earliest infancy. In order to rightly comprehend the subconscious mind, it must be clearly understood that mental forces organize into concrete form in the mental plane in the same way that physical forces aggregate themselves into material forms in the physical world. The mind, then, is a mental body generated from the forces of thought and feeling. It is a spiritual entity. It is the formed character of the person, and just as soon as it becomes a positive character it changes the hereditary form of the flesh to express its own development. Negative characters have not the mental power to transform the flesh, therefore it is the first duty of mental instruction to develop a more positive character-body by strong affirmation.

When a thought seems to have been forgotten it still exists in the subconscious state of the mind. Persons and things long forgotten will reappear during the dream activity of the subconscious mind; faces will appear as fresh as when seen years before. The phenomena of hypnotism open up wonderful facts in regard to the possibilities and powers of the subconscious realm.

The whole mind of man may be compared to a circle through which a line is drawn, making a division of 1-100 and 99-100. The small segment of the circle represents as much of all the thought activities of the personality as the brain is conscious of; the 99-100 represent the subconscious storehouse of mental activity.

The planet, as a whole, has a mind — a subconscious mental realm in which thought activities and mind-bodies have their existence. As there is a universal space which provides the elements for our physical bodies and their development, so there is a universal Mind in which the mental organization has its life and expression — a realm in which the mind-body or spiritual body exists after its physical counterpart dies. It is a realm full of mysteries to the seeker after the phenomena of the subconscious, full of paradoxes, incongruities, and deceptions to those who do not accept the spiritualists' explanation of evil or undeveloped spirits. What a pleasure it is to some mischievous spirit to play pranks upon some very learned man who, in earnest search for knowledge, has tapped the wires of the "subliminal consciousness" through his hypnotized subject. He

does not see the quality or character of the spirit personality that responds to him from the invisible realm of mind, and he is very likely to come to the conclusion, as some scientists already have, that the subliminal consciousness is a grand deceiver.

Now in this subconscious side of the mind we find the intelligent force which must be properly trained and developed toward the healing of the body. There are two general methods in use, and they are both good. One is the method called "suggestion," whereby the subconscious mind is educated to turn its wonderful power to the healing of the diseased parts of the body. This method, persistently applied, will bring very beneficial results. The second method consists in thinking and speaking absolute *truth*. The suggestionist does not believe that there is anything deeper than the subconscious mind, and therefore he claims that so-called statements of truth are useful to those who imagine a soul, because they work according to the law of suggestion.

Our position is this: The conscious and subconscious degrees of man's mind are evolutions from matter; they are highly refined matter, or negative and undeveloped mind. The nature of God is eternal and omnipotent power, the source of all life and being. The soul of man is from above the mortal sphere of mind; it is an individualization of deific consciousness and partakes of the power of Deity; it is the image and likeness of God in man. The soul, then, is the key

to immortal life and power. It must be recognized and awakened. And to awaken and manifest this divine power in us we affirm its being as a living truth. We take it as the foundation of our being, and upon it we build our mental habitation. It is the keynote of the mind, and if we sound this keynote, all the mind, conscious and subconscious, will come into harmony.

We affirm: I Am Life; because the soul is eternal Life. We affirm: I am Health and Peace and Perfection; because the true I, the real individual, the soul, IS potentially the Health, Peace, and Perfection of God. We affirm: I am the Wisdom of God; because the soul is an organism vibrant with the light of the infinite Consciousness.

The soul must be awakened by living the life of truth, expressing the thoughts and feelings of truth throughout every part of the mind and body, in order that the divine image of perfection may transform the whole mind into a heavenly, harmonious character. Then will the Spirit of God speak in the soul, giving angelic wisdom, and the soul will know the way of Life eternal and walk therein.

Too many minds are passive recipients of impressions which come as suggestions from other minds, either incarnate or decarnate. Remember that every mind is sending out mental messages, and these messages enter and impress themselves upon negative minds. They may be good suggestions or they may be harmful. Many a negative mind has suddenly been inspired to commit a mur-

der through the suggestion and desire of another personality, either incarnate or decarnate. A strong mind desired that his enemy should die; a negative mind fulfilled the desire. Execution does not cure criminals; it only sets them free to act out their vengeance in the mental atmosphere of the planet.

"Sitting in the silence," or becoming negatively receptive, will open the mind to all sorts of impressions and suggestions from the invisible realm of Mind. To gain soul wisdom, affirmations of divine truth must be made until the whole mind is attuned to soul positiveness; until the mind is vibrant with the joy of soul realization. Then the stillness that follows will not be negative; it will be a passivity overflowing with peace and health for the body, and in the soul communion that follows, the clouds of mortal darkness will be dissolved and the way will become clear, the guidance sure.

The discovery of electricity and other physical forces has transformed the manner of existence on the planet, but these discoveries have brought neither peace nor health to humanity. Now that the occult forces of the subliminal realm are being tapped, terrific forces — marvelous mysteries — will be discovered; but these things will not bring peace or happiness to humanity.

What will it profit a man if he gain the whole world, if he does not discover that which is of more value than the world — his own soul?

Only by the harmonious unfoldment of the soul and the subjection of the mind to its proper ex-

pression of righteousness and truth, will the peace of God and the happiness of the angelic life be realized by mortals. When the awakened soul affirms the truth of its eternal Being, it is filled with the Spirit of Truth; it convinces the mind and body of its power, it compels health and harmony to be; the soul beauty and grace are impressed upon and expressed through the negative nature, and God becomes manifest in the flesh.

BECOMING ATTUNED TO THE SPIRIT

PURITY in thought, word, and deed is absolutely essential to any degree of health or spiritual power.

Do you desire health from God, permanent health, which will bring to you the ever-increasing joy of conscious growth in spiritual dominion? Then you must make the conditions of mind necessary for the influx of the Vitality of Eternity. God, the Immaculate Spirit, is too pure to behold iniquity. God's universal Mind is the life and the mind of all things, but his Holy Spirit — which brings health and peace in its tender ministrations — abides in the more refined states of the universal Mind. And only those who purify and refine their thoughts and feelings will enjoy the blessed realization of the Immaculate One. "The pure in heart shall see God."

Jesus was willing to spend thirty years of his life educating and refining his nature, that the Holy Spirit might manifest its healing wisdom through Him; and He attained supreme power in healing and in manifesting Divinity. He attained to the highest point in human evolution, and his joy was great. While passing through the greatest trials He often spoke of his joy and peace. He was encompassed by the angels of Elohim, and lived in the bliss of Being, above the tribulations

of the world, because He made his whole nature a pure magnet, attractive to the highest and holiest powers of Heaven.

The greatest wisdom and the mightiest love are realized and expressed by the holiest angels and archangels of Heaven. When the emanations from the angelic sphere combine with those of the awakened soul, the healing power is strongest, because the emanations from the angels are so imbued with universal love and sympathy that the curative potency is enhanced thereby. The Holy Spirit of God is organized in the angelic souls of Heaven, and through these angels, who once lived and suffered as mortals, this beneficent Spirit is directed in sympathy and compassion to the healing and uplifting of mortals, wherever they can find an open door.

We might desire, with all the intensity of our natures, to do something to save a man who was unconscious down amid the noxious gases of a mine, but the conditions would not allow us to enter. To the angelic presences, accustomed to life in the most harmonious states of the Mind of God, the animal lusts and discordant feelings of human life are as disturbing and bewildering as the gases of the mine would be to us. The magnetic and mental emanations from mortals who are living in the enjoyment of the ordinary pleasures of life, without aspiration for heavenly truth, fill the mental atmosphere with odors and vibrations so strong and disagreeable that only unregenerated spirits, not long departed from the earth plane, can remain in close association with friends still incarnate.

nate. The high and holy ministers of God who inhabit Eternity cannot breathe and hold their consciousness amid such dense vapors. So we see the wisdom of Jesus Christ in retiring so often from the world in order to come into sympathetic relationship with the heavenly source of his power and receive anew the baptism from the Holy of Holies. We see the necessity for conditions within and without, if we would realize the holy healing power which was manifest through Jesus Christ, and which to-day is equally potent to heal and harmonize every child of God on earth who will fulfill the conditions necessary for its reception. Do you think the great sympathy and love of God for each and every one of his creatures would leave one child in pain or suffering one moment if the way were opened for his Spirit to reach that creature? No! God longs with infinite Love to bring each and every one to the conscious realization of his great peace and perfection, and it is the perpetual operation of his Love that is gradually lifting mankind from savagery to Divinity.

Locked up in the chemical elements of the earth is far greater power than dynamite or electricity, and by concentration of thought man may discover, and by mechanical skill operate, this power. Stored in the mental spaces all about and within the mind of man is a greater power, and this power is being discovered and applied in suggestion, thought-transference, and through the mediumistic phenomena at seances where invisible minds or mental forces become clothed for the

time in the habiliments of matter and overcome all known laws of physics in levitating material objects. And this mental power is being used to heal disease and create prosperity.

But there is a power in God much greater and more satisfying in its operation than either material or mental power. Behind and within the purest degrees of all the universal forces of existence abides the Supreme Controller, the Spirit of Almighty God, which is forever evolving and transforming all energies and forces to subservé its purpose of wisdom and love. It was this transforming power of God's Love that Jesus discovered and revealed to mortals; and it is this Spirit of universal Love which each of us must realize if we would know God.

By purity of life we prepare the temple, and by deep devotion and holy aspiration we stir the depths of the soul into intense activity, and become a magnet for the Holy Spirit. The soul is of God; it came from God, and through it the Spirit will express to the mind and body.

The soul in its incarnation into a form of flesh is like a seed that has been sown in the earth. It must be watered by our thoughts of recognition and quickened by our deep feelings of love for God. It has an affinity only for the truth of God's love; the thoughts and feelings generated by earthly things becloud its faculties and hinder it from receiving its daily bread from the Father. If the mind of a person is centered wholly upon material things, the soul becomes isolated from the Father. If the soul is strong and has some

degree of awakening, it will tire of the dreariness and darkness of mortal vibrations, and when an occasion offers in the way of sickness or weakness of the body, it will sever its connections with the flesh and return to the freer state of spiritual life, causing death to the body. But it will still be burdened by its personal mind, which it must regenerate. The work of regeneration would have been much easier had the personal mind received and accepted the knowledge of spiritual truths before death, because truth received from the mortal plane of understanding produces a deeper impression on the mind accustomed to dealing with material things.

If the soul is not awakened, it cannot gain much realization of its oneness with the life and wisdom of the Father, and consequently will not be able to recreate and hold the flesh in harmony and health. We very often find that it is sufficient to educate the soul to a realization of its oneness with the Father in order to bring health to the flesh.

There is no permanent health or happiness outside the realization of the heavenly Presence. Many seek for health, as they have sought for happiness, in material things, and find it not; while if they would but make conditions for the expression of the healing Love of the Father, much disease and suffering would be eliminated from their lives. Some reply that they have known pure and devoted Christian characters who have been the greatest sufferers. We know that they were not in the knowledge of the omnipotence of

God's love and goodness; in other words, they believed in the power of evil to frustrate God's omnipotent Goodness, and according to the laws of thought, their beliefs in evil hindered the manifestation of the Spirit of Love in their lives. Their fears and mistaken beliefs made them negative and receptive to inharmonious conditions. Their minds were not bright, hopeful and joyous with positive thoughts derived from a divine faith, and so the Spirit could not enter.

We have known of those who have been deeply interested in all that tended to help humanity. They were faithful in church work, active in works of charity, giving the most of their time and energy to others; and then as they found their strength lessening, and many disturbances in their financial conditions, they began to doubt God. They had done much for Him, and what was He doing for them? He did not seem to care how much they suffered or how poor they became. Was He just? Did He love them? Was there any God of love and wisdom at all?

They fulfilled the second part of the Lord's commandment by loving their neighbor as themselves, but failed to see the depth and breadth of the first part of the injunction: "Thou shalt love the Lord thy God with all thy heart, mind, soul and strength." They used their own strength and not the strength of the Father. If they had lived in the constant inspiration of his Presence, their souls would have gained new power daily; wisdom and vitality and a living spontaneity of joy would have filled their lives with gladness and



health. They would have radiated away all conditions and thoughts of disease from themselves and others. I know these things to be true, for I have lived in the old way and reaped pain and discouragement, and I have lived in the new way and reaped joyous health and prosperity. I find that the Spirit of Love makes of us magnets for all things that we may desire when we live with it and allow its power to express through us. But if we do not spend some time daily in devotion to the Father, it may be readily seen that the Father will not be so strong in us for the manifestation of either his wisdom, his health or his prosperity.

We know that if we seek first the Kingdom of God and his righteousness — not our own righteousness — all things will be added, and this is done by fulfilling the great commandment of Jesus, which embraced all commandments.



A POWERFUL STATEMENT

THE race has been taught for ages that evil is a self-existent force; that there is a conscious power, or devil, working against the good of mankind.

This is a negative belief arising from ignorance, or a partial knowledge of the Goodness of the All-Intelligence.

Positive knowledge reveals the truth that the intelligence in man, bird, beast, and all created things is good; in fact, very good. All created things are the intelligence of God manifesting and evolving through the successive steps of progressive life. All are growing continually from negative to positive through the grades of developing intelligence, and will finally reach the development which will enable them to grasp the positive knowledge of eternal Truth, and work consciously with the one Intelligence, the Father of all created things.

All is Good. Every step is good, even though it be a mis-step or seeming mistake, for through their mistakes, God's children learn which paths do not lead to happiness, and thus they advance in knowledge.

This faith that all is good can become the salvation of each and every one from all the erroneous, devitalizing beliefs of the race.

We should learn to recognize that all life is

truth on its own plane, and that in evolving and progressing, minds live in the experience of truth negative before advancing into the realm of truth positive. This will give us the patience of God with all the ideas and creeds of mortal mind which the race has evolved as it progressed through negative mind or nescience.

ALL IS GOOD!

This is positive knowledge.

This is the faith of God that overcomes mortal thoughts and beliefs.

This is the revelation of Truth that heals and harmonizes all elements of mind and body.

There is no real, or positive, evil.

All so-called evil beings and actions are in and of ignorance.

There may be race thoughts, or race beliefs, that have grown positive through ages of existence and universal acceptance; nevertheless, they live in and belong to the negative sphere of Mind, have no real principles of reason or truth to substantiate them, and have no real power; while thoughts of Truth are alive with the positive force of the Spirit of God, and the mind that expresses them is en rapport with the minds of angels and archangels and every healing, illuminating potency in the universe of Divine Mind.

Every mind and every condition of ignorance can be developed into the more positive condition of knowledge and health through the omniscient power inherent in the thought, ALL IS GOOD.

Everything, no matter how evil it appears, is undeveloped God substance, and will grow and

progress to a more intelligent condition under the fertilizing recognition that ALL IS GOOD.

Nothing, nothing can turn against one who lives in the positive recognition and avowal of this ever-potent truth. This one statement of absolute Good, that his reasoning powers can glory and rejoice in for weeks and months, will prove itself the voice of Omnipotence by making all of his mind and world good and prosperous, and it will glorify his whole nature with the exhilarating life that comes to those whose minds are wholly in tune with the infinite Good.

Much of the pain, disease, and poverty of a patient is the outpicturing of negative beliefs. In order to make a convincing impression upon the mind of the patient, the healer must be conscious of the power of thought and be thoroughly imbued with the knowledge that ALL IS GOOD. The healer's mind must be so enthusiastic in this knowledge of truth that it will be positive to the patient's belief that some evil exists and possesses the power to harm. Holding the patient in the power of true thought for a space of time, radiating its light through his mind and directing its forces into the parts of his body in need of education, the healer will carry the conviction of the Spirit to the patient and restore him to a more positive state of health and peace.

This supreme positiveness is the highest development of the healing thought, enabling the goodness of Truth to assume command of the negative mind and remodel it after its own pattern of perfection. In the treatment the whole mind be-

comes so devoted and concentrated to healing thought that there are times when it loses itself in the thoughtless, wordless consciousness of Power, becoming the instrument of the miraculous healing influence of the Christ.

This is the wonder-working law which healers have occasionally fulfilled — the magical mercy of Jesus Christ. When those desirous of healing for self or others have fulfilled this law, either consciously or unconsciously, the results have been all that could be desired, the healing perfect and complete.

Jesus was dominated by but one purpose, the healing and awakening of God's beloved. Every cell in his nature thrilled with that one desire, the vital impulse of the Heart of Creation. He became so imbued with the realization of God present in all, that with his glorified vision He saw his persecutors as gods, and tried to reveal the infinite possibilities of the God-Presence in them and around them, awaiting only their recognition to spring forth into newness of life and joy within them and abundant fruition of goodness without them. The healing Presence became so actual to Him through singleness of eye to the power of Good, that He fully represented this redeeming and saving Power. He was physical and mental health, and his touch was the contagion of health.

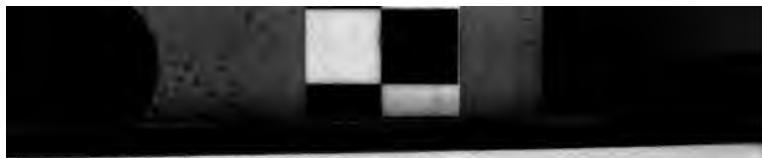
We shall grow more perfect in the power to heal as we lose our mortal conceptions, as we forget all thoughts of a mortal, material world of evil, in the contemplation of the truth that we stand face to face with the living Soul of the grand



universe, expressing its vital energy in every atom
of this splendid cosmos of manifested Intelli-
gence.

“Holy, Holy, Holy is the Lord of Hosts.
The whole earth is full of His Glory.”

914768



THE MYSTERY OF OMNIPOTENCE

MOUNT PELEE uttered its devastating word, and twenty-eight thousand souls were swept from this field of action. After a great cataclysm there arises in the minds of many the old idea of God in his wrath smiting the children of earth for their wickedness. Many are led to question the almighty ness of God, in the orthodox sense of his being able to do just as He may choose in causing or forestalling the manifestation of an energy like that exhibited on the island of Martinique.

Is there a personal or impersonal God who is able to do just as He may please in and with the universe? Is there an omnipotent Intelligence guiding and controlling the operation of natural law? The atheist quickly answers, no. To him there is only a universal, blind force that operates as immutable and unchangeable law. The agnostic sees that there is undeviating law operative everywhere; more he does not claim to know. The orthodox thinker claims that the Lord is omnipotent, but he cannot give a reason why the Lord should allow cataclysms to interfere with the peace of humanity.

I promulgate the belief held by a great number of the advanced thinkers of the day that there is an omnipotent and universal Intelligence prevalent in the universe, but that there are different degrees

of manifestation of this one almighty Power. The physical universe of matter is the negative form of this great Power, or Force, the mode of expression of which some call Natural Law. The vibrations of force exist in various degrees, from the gross vibrations of physical substance to the finest vibrations of mental energy. As the forms of life come into manifestation they organize and exhibit this universal Power in varying degrees of complexity, from the animalculæ to man. As forms evolve and become more complex they come in touch with finer and finer degrees of force. At first they have only the power to organize life; later there is born the ability to feel, which develops, still later in evolution, into the animal's faculty of instinct, which is a certain responsiveness to the mental waves of intelligence. This faculty, which we call instinct in the animal can be developed in man so that he can come in touch with the finer and deeper waves of omniscience that vibrate through the mighty Mind of God.

When the great processes of evolution, working so ceaselessly and tirelessly in Nature's magic wonderhouse, have brought the complex structure and brain of man into manifestation, we can say that God has made man out of the dust of the earth; and because this highly organized being is capable of responding to the Divine Spirit that inhabits the inmost recesses of existence, we can also say that God has breathed into him the breath of Life. Therefore incarnate man is the mediator between the highest and lowest states of being, and in him are organized the vibrations that allow

him to receive from and communicate with every region in the physical and spiritual universe.

We are taught that each form is composed of atoms that are vibrating to and fro with intense rapidity, and that the atoms themselves are but forms of vibrating force. The tables, chairs, and books in our rooms, and even the walls, are masses of vibrations. The atmosphere is also a vibrating substance; in fact, all life is vibration in different degrees of intensity. The finer vibrations interpenetrate those more gross. For instance, those vibrations called the X-ray penetrate through flesh and through wood without disturbing the vibrations of those substances; and there are still finer vibrations than the X-ray. You can imagine a form composed of the X-ray vibrations being present in the spot occupied by a grosser form, without one form being sensibly present to the other. Thinking along the same line, you can see how the mighty vibrations of the God-presence can be present in the room and in one's body, and all through space, without being directly evident to the senses. We can reason from this that the Omnipotent Intelligence is omnipresent in the realm of positive existence, without being able to directly influence the operations of natural law. Thus we see the need of a mediator. Man is a part of God's omnipotence. We see that creation is not complete without man, and that God is dependent upon man for the fulfillment of his manifestation, as truly as man is dependent upon God for the power and wisdom that will enable him to gain dominion over the negative and undeveloped forces of nature.

The resistant granite, the crystal quartz, the beautiful flower, the graceful tree and the strong and cunning animal are all parts of the vast intelligence of God, but they are intelligence in a latent state. Only in man is this intelligence come to consciousness or developed to a knowledge of its power. It is the privilege and duty of man to make God manifest for the benefit of all lesser degrees of evolving intelligence. And even in man there are degrees of the expression of this intelligence. Man may be receptive only to the vibrations of animal life and he may live in the sphere of animal sensation; or he may live in and express the finer and more interior degrees of his complex nature, from the intellectual sphere of perception and understanding to the will sphere of loving and being in the realization of the omniscient love of the Christ consciousness, which is the Presence of the Father within.

Jesus Christ was developed to the most exalted degree of union with the omnipotent Father, and according to his power to organize, by faith and love, this positive intelligent Power, He was master of all the lesser vibrations of mind and matter and was able to inspire the mind of humanity with a renewed impetus toward Divinity.

The pleasure of living increases as the interior springs of feeling are opened and allowed to flow out through the nature. Many lonely women have found a sweet solace in caring for flowers and mothering cats and dogs. These objects have drawn out the divine love from within the soul, with the result that the giver and the object of

care and affection were both blessed. If two boxes of flower seeds are planted at the same time, and one is blessed with thoughts of life and love day after day, while the other is left to grow unthought of, the seeds that have been brooded over by a thoughtful, loving mind will respond to the vivifying influence of thought and outstrip in rapid growth the seeds that have not had the human blessings. The same kind of treatment will bring a dog or cat or horse to a wonderful development of intelligence; and the time is not far away when this simple truth will be understood and practised in dealing with the perverted or undeveloped intelligence of the criminal classes. Even little children are doing a great work in the evolution of the souls of animals as they give to their pets the finer and more highly organized vibrations of the human species.

Thus, through mankind, the higher degrees of the Father's love and wisdom are open to the lowest degrees and forms of life, and every human being may be a co-worker with the Father in lifting all beings to a higher degree of intelligence and power in the limitless scale of evolving life. Every one who radiates the blessing of love to all creatures, with the understanding that All is Good, is a mediator between the Father and his creation, and will realize the great satisfaction that comes from expressing the qualities and powers of the soul. The birth and expression of the Christ love in and from the soul will bring to each one the conviction of individual immortality as a son or daughter of God, forever work-

ing hand in hand with the omnipotent Father in his great work of glorifying his universe.

Knowing this great truth of man's intimate relation to the Father, as an agent in the sublimization and spiritualization of all substance that the Father may be all in all, we can look forward with prophetic vision to the unfolding future, when all error or ignorance will be transformed into divine intelligence, and the mind of humanity and of the planet will be so filled with the harmonizing light and love of the Father's Presence that even the processes of nature will become more orderly and intelligent — as now they are more peaceful and settled than they were in the past — so that all disasters from unorganized forces will come to an end, and the whole earth will exhibit the fertility, and richness in grace and harmony of a heavenly kingdom, where the love of the Father is lord and master in all hearts and throughout the length and breadth of visible nature.



CULTIVATE YOUR WILL

THE omnipotent Will of God is holding worlds and solar systems in obedience to a harmonious order. You stand in the highest order of created beings, and you have the ability to come in direct contact with the divine Will, to the end that it may express its purpose of perfection through your whole nature. Develop the divine Will within you by exercising it. You can cultivate such a mighty force of will by the constant assertion, "I am, I will," that every temptation will be overcome and every bad habit transformed into good by the awakening of this mighty attribute of your divinity. These affirmations will give you the godlike power of dominion:

I am a living Soul of God.

I will realize the majesty and glory of my divine Soul.

I will feel constantly that I am an angel of Light and Love.

I will exercise my dominion over every negative condition of body and affairs.

I will conquer all evil.

I will resist all temptations.

I will live the pure life of Christ in the flesh.

I will fill every organ of my nature with healing life.

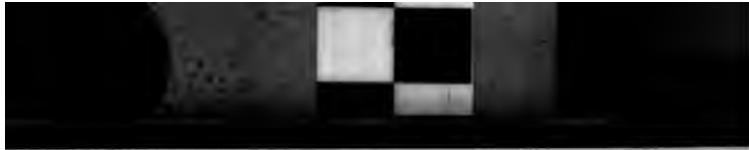
I will express the perfect life and health that exist in my Soul.

I will become such a magnet of love that harmony and prosperity will surround me on all sides.

I praise the Father for this mighty power that is now mine.

I praise Jesus Christ that my Soul's highest aspirations are now quickened and awakened by his Holy Spirit.

I will walk hand in hand with Jesus Christ in making his life and power manifest, and help establish his Kingdom on earth. Praise His Holy Name.



BUILDING THE TEMPLE OF FAITH

You see the beauty of the divine Truth, and now you desire to build your temple of mind after its pattern. You desire to manifest the truth that you understand. "Faith is the substance of things hoped for." Faith is a mental energy that you can cultivate. Every time you think a thought of truth you are adding one more word of faith to the mental energy that is building up your spiritual body. Every time you make a strong affirmation of the strength, health, and prosperity which are now attributes of your soul, you are formulating the quality of mental energy that your soul can use to come into strong, perfect manifestation.

The faith that you have generated in the past has been a negative form of faith. You have not known the wonderful power of thought, and you have allowed various kinds of false beliefs to occupy your mind; consequently your mind-body, the spiritual body that is formed of your thoughts, has been open to the influences and beliefs that fill the mind of the world, and has not realized the dominion of the Mind of God.

Your mind has exercised a certain negative dominion over the flesh, and its limiting beliefs are the cause of much bodily discomfort. All the thinking that has formed your present mind-body,

which now dominates your physical organism, must be regenerated and transformed into true intelligence, that the power of God may become manifest as your physical healer and savior. This change of mind comes gradually by the processes of education and growth. There is an increasing power of mind, as the Presence of God becomes more and more visible to the understanding.

You are the visible form of an endless stream of vitality and energy. The Holy Spirit of love broods over you and is willing to give you of its almighty strength. God is your life. God is your intelligence. The gift of eternal life is yours as fast as you can appropriate it. There is no limitation placed over you by the love of God. You are as unlimited as your Source, and you can think yourself into freer channels of life and expression. You will feel the glowing fire of the divine Presence as it begins its work of regenerating your physical nature, and the thrill of the heavenly vitality will convince you that your body is a kingdom of heavenly bliss.

Spend some time daily in thinking and speaking truth for yourself, with confidence that you are coöperating with the Father in building a divine temple for his presence to inhabit. Think thus:

I am in the midst of the almighty forces of God that are all working for my good. All are working for my prosperity. I will with all the power of my mind and soul that all my affairs shall quickly arrange themselves for the demonstration of my prosperity. All that is mine shall come to

me. There is no one with any power to withhold my own from me. Love and justice reign supreme in all my world. All is Good. God the Good protects, sustains and prospers me, now, and at all times. I recognize only the good in all beings. My faith is grounded and unalterably fixed in the Good, and thus my faith will conquer every belief of evil, and I will by my true faith hold myself in unity with the powerful Mind of God.

I am living in the midst of an ocean of vitality and intelligence.

"In God I live and move and have my being." I am breathing this vitality and strength every moment, asleep or awake. My stomach is vitalized and able to assimilate sustenance and strength from all I eat. I love to eat and absorb strength. I am in tune with all nature and with the healing power of God, and all things are giving me of their life and energy. I see and feel that the whole universe is a vast sea of life, energy, and beneficent Intelligence, and I am a magnet in the midst of it all, appropriating all that I need to build a perfect, healthy body and mind.

I know, O Thou Eternal One, that thy love holds me in its almighty embrace. I am a little child in thy hands. I trust implicitly to thy all-wise Presence. Fill me with thy Spirit of Truth, that I may thoroughly know and feel that All is Good; that all fear and care may depart from my mind. I will learn of Thee, that I may find thy peace. I know that as the Spirit of thy Truth

grows strong in my mind, all mortal errors and fears will vanish, as the mists dissolve and disappear before the morning sun. Thou art the sun of my soul, and in the brightness of thine omnipresent Glory my soul now awakens and is filled with the joy of immortal Life.

I praise thy Intelligence, which I see manifesting everywhere. I praise thy Love, which is present within each soul. I praise thy Life, which is the omnipotent sustainer of all creatures. I praise the Lord, my Christ, for the grandeur of the Sun of Righteousness that now illumines and glorifies my life.

Glory to God in the Highest,
Peace on earth, goodwill to men.



TRUST IN GOD

WITH the proper understanding of the truth of the mighty Lord of lives, I know you can bring yourself to so perfect a faith in his Power and Presence that you will not be moved by anything that transpires around you. Unless you arrive at this stage of faith your knowledge is vain and valueless as a spiritual support.

You are disturbed by inharmonious conditions in your own life and allow yourself to be affected by the troubles of other people. This is because of your great sympathy; but the one who is firmly poised in the truth of the goodness of the Presence of the Father, and who has made *real* to his mind, by constant affirmation, the truth that He is the OMNIPOTENT ONE, is undisturbed by the many appearances of evil, while doing all possible to alleviate the conditions, because he is firmly grounded in the faith that the Almighty cannot be thwarted, and all *must from omnipotent necessity work for GOOD*. When we are so strong in this faith, the true faith that unites us to the power of Elohim, we then make the perfect mental conditions whereby only good can operate in and around us; whereas, if we are unsettled in mind and do not furnish a still, positive point for the radiation of the Power that makes for good, all things seem to work to create more disturbance.

We cannot keep in union with the Christ if we have any other gods besides Him, if we allow any personality to come between Him and us. While working for all good results, we must leave each and every soul free to be moved by his Will, and not take the responsibility of forcing anything to come in the life of another just as we think it should, for then we may hinder the very thing which the all-wise Spirit would accomplish.

The more we positively affirm what we know to be true, the more positive and powerful our faith becomes, so it is our method to make affirmations continually toward building up the spiritual mind of faith. The power of God is impartial; it will operate to do whatever our thought turns it to accomplish. So we must speak the words of truth with confidence, knowing that they are seeds that will bring a perfect fruitage in God's own time.

Truth is mighty and *will* prevail — if we give it a mental form through which it can act.



THE WORD OF POWER

As we comprehend the symphonies of the great musicians, we see them to be wonderful creations of grace and beauty. We understand that the discords are just as necessary as the harmonies to make a perfect, artistic whole. We see that discords and harmonies must be contrasted in order to bring out the relative value of each. And looking at the symphony in a comprehensive way we say that it is all harmony; viewed from the artistic standpoint there are no discords; it is a perfect evolution of musical thought. But looking at it from the standpoint of details, analyzing chord after chord, we use the relative statements, and say that one set of notes is a discord, while another is a harmony. So it is the time element that makes manifest the discords and reveals the evolution of discords into harmonies. There are long drawn out discords and the quick modulations and resolutions of chords, all ending at last in the tonic or keynote, which is the victorious alpha and omega determining all progression in the musical composition.

The universe is the grand symphony of God's Love; our souls are divine notes evolved by the Master Musician, and all are fulfilling a wise end and use in the progressive harmony of life. As we contemplate the vast designs of the orderly

cosmos, we are compelled to acknowledge an operating Wisdom above all mortal comprehension. Looking at the universe from a point of view above the petty details of mortal existence, we are willing to acknowledge that it is an artistic production of a Master Mind; that it is a living symphony, all grace, all wisdom, all harmony. Coming down to the details of life in time, where the evolution of the tones of the universal symphony appear as discords, and, in their unrelated groupings, as continuous sounding dissonances, we are apt to lose sight of the majestic march of the Whole in its progression in the wisdom and love of God. God is the Master Musician, and his Soul of Love and Light is the keynote of existence, the Alpha and Omega from which all the harmonies of existence proceed and into which all are again resolved.

From the standpoint of his Wisdom there is no evil or discord; all is good and all is harmonious to the eternal Mind that rules and sways all in endless progressions of wisdom and love. It is only because we look at things from a limited viewpoint in time, where the future resolutions and evolutions of the discords of existence are not apparent, that evil appears as an incomprehensible mystery. From the view given in this analogy we can understand the truth that all life and intelligence and all substance are expressions of God, and therefore good, and that evil is but an appearance to us because we do not comprehend the purpose of God or the evolution of his purpose in humanity. No philosophy has ever given a satis-

factory reason for the existence of evil or evolved a theory of beneficent Intelligence without making God responsible for any evil that might enter into his creation.

This idea of the universal goodness of all that is, is the foundation thought for all spiritual progression. Spirituality consists in coming into sympathetic relationship with the Mind of God and thinking and feeling as his Spirit inspires. In order to accomplish this our minds must be lifted above the limited conceptions which the race has evolved, and conceive of the Spirit of God in the Goodness of his eternal reality. If we comprehend that the motive from which his wisdom acts is universal love, we shall desire to bring our whole nature into accord with this supreme Tone of life, and we shall see from this exalted standpoint that love and goodwill, not selfishness and condemnation, are the Christ-like modes of expression.

His Spirit is ever present in the positive states of the universal Mind, but until we grow to a positive degree of faith or knowledge, our minds are related only to the negative states of the universal Mind, and cannot feel, or respond to, the movements of the Spirit. Like the wire in the glass bulb which because of its resistance to the electric current becomes luminous, we are glorified by our ability to stand positive under the vibrations of Spirit, and thus make its Light manifest. As our mental structure becomes more and more positive with divine thoughts and feelings, we advance from negative to more positive states of spiritual

life, until we gain a power of spiritual positiveness and resistance that enables us to stand upright as Sons of the Eternal, and feel the beatings of the waves of deific life against every particle of our spiritual nature. Verily, we must be almighty positive in love and truth if we would be able to polarize and organize into our own beings the forces of Omnipotence.

It is a common idea that man is a medium or receptacle for God, an instrument through which God will flow, as water flows through a tube. I have watched those who have held this idea, but have failed to see them attain to any exalted consciousness of God. It has been my experience that God seeks to glorify minds that can stand without flinching in the white glory of the Nameless Presence, and trace their pedigree to God; minds that can unite with Him in expressing the Power that has dominion over the negative mental states and conditions which have not yet arrived at the consciousness of the Divinity resident within the positive center of existence. This dominion is but the power of love that irresistibly leads and attracts undeveloped minds, even against their knowledge and will, into the way of progressive evolution toward the sublime heights of Divinity.

It was the positive knowledge which Jesus had of his oneness with the Father that enabled Him to bear the glory of the Father in his nature. For years He had cultivated a body of thought, a character built out of positive affirmations of true thought, until He had a pure, resistant spiritual nature which had become an organization of the

mighty thought of God, a radiating Center of divine love and wisdom. He thought the truth and spoke what He saw to be true of his soul, until the aggregation of a vast number of positive thought-forces combined to form his mind into one glorious word of power. He lived so continually in the thought and faith of the Logos that He became the Word and Spirit of the Almighty incarnate.

He was so positively alive with the life and thought of God that it was enough for Him to project an emanation of his own faith into the nature of one who needed and was ready for this healing influx, to set that whole nature to vibrating with divine harmony and health. The Spirit of God inspired the whole aggregation of his thoughts, and his glorified mind-body filled his flesh with the vitality of eternity, so that when He projected an emanation from his soul sphere, his mental sphere, and his magnetic sphere into a patient, all conditions were made for the instantaneous demonstration of health in the patient's whole being. Thus the health and harmony of Jehovah God came into instantaneous manifestation through his spiritualized instrument. And in the degree that we allow the Spirit of truth and love to express through our natures, we also shall, like Jesus, be able to make God's mercy manifest.

We are just beginning to learn that our natures are batteries for the generation of mental force. We are continually sending out currents of thought force from our mental batteries. And it is being demonstrated that our thoughts are alive

with an energy and intelligence capable of operating at a distance from the brain from which they are sent. And more wonderful still, we are being influenced for good or ill by the thoughts of others which we allow to enter our mental sphere. So we are either positive generators of thoughts which affect others, or we are ourselves being affected by the thoughts of others. In fact, we are always being impressed by minds more positive than ours, and in turn impressing minds less positive. Knowing this, it behooves us, for our own protection, to become more positive than the minds with whom we associate; and that we may realize the greatest good for ourselves, and give the minds who come under our influence an impulse toward purer and higher thinking, we should cultivate an expression of thought which will relate us to the mighty Mind of eternal Goodness and Wisdom.

We are learning of the power of the word and its magical influence over minds, but many are gaining a realization that when the power of the word is used for selfish ends it brings more sorrow than joy; that with the operation of occult forces there comes a responsibility which is apt to bring more bondage than freedom. Those who try to hold others in selfish bondage do not rise out of the sphere of selfish forces themselves, and so with the intensification of their selfish-mindedness they are limited as never before. Only those who are willing to arise and go to the Father, to abide in his Love and Wisdom, find the way that leads to the demonstration, in their individual lives, of the Word of power.

The mysterious power of the Spirit of God is not a physical vibration, nor is it a mental vibration of thought; it is a power above and beyond human thought. Some have thought that this Breath of the Almighty could be indrawn by certain breathing exercises. These exercises will refine the physical nature and make it sensitive to certain occult vibrations, but these vibrations are of a sphere subordinate to the almighty Spirit. The Spirit is a breath in a correspondent sense only. It is inbreathed into the understanding of the spiritual mind as air is inspired by the lungs, but no process of physical respiration will open the mind to the Breath of divine Wisdom. This can come only by educating the mind in the knowledge of eternal Truth. Every wise teacher has emphasized the fact that freedom, health, and salvation are to be found in the mighty principle called Truth. Therefore, Jesus taught truth instead of breathing exercises as a means of health and soul poise.

It is the Spirit above man's mortal thought which endows man with divine power. Let us take for illustration two men of equal mental powers. Each understands how to generate mental force from his organism. The first has great faith in his own mental powers, and according to his faith he generates forces from his mental battery which proceed to accomplish that whereunto they are sent. The second has faith in his own mental powers plus faith in the goodness and power of God, and he generates thoughts of truth which have the power of the first man's thoughts

inspired by the greater power of the Spirit of Truth. Thus the man whose mind is illuminated with Truth will have a power in his thoughts and words which will carry a conviction of the Spirit equal to his purity, sincerity, and his realization of Truth.

When the mind perceives the eternal verities and enunciates them into positive thoughts, these thoughts are alive with the Spirit that is eternal Life itself. More important than physical breathing exercises or mental concentration, is the awakening of the soul to the knowledge and love of the living God, that it may inbreathe the Breath of Eternity and gain the conscious power which will illuminate the mind and revitalize the body with a spontaneous joy that will be irresistibly potent in transforming the nature and subordinating all processes into harmony with itself.

If a student sits and practices breathing exercises or mental concentration in the ordinary negative state of mind, thought vibrations will be in-drawn from the negative mortal sphere of the universal mind, but if the student's mind is first made positive and radiant with the Spirit of Truth by affirmation of living, eternal truth, there will come, by the law of like attracting like, an influx of thought which will have an uplifting and exalting power.

To sit in a negative state of thought and passively draw upon the invisible for occult power, will make one a medium for a quality of mental influx like that with which his mind is in tune at the moment. Thus is mediumship developed, and

the mental doors are opened to just the quality of mind which we are striving to outgrow and overcome. So the mind must first be exalted by aspiration and affirmation to the love and contemplation of divine truths, and then when the whole being becomes spiritually positive in the joy of expressing living thoughts of wisdom, a state of passive receptivity will follow which will bring to the soul the emanations of heavenly inspiration.

There is latent, now, in each individual soul a power of divinity capable of transforming the whole body into health and perfection. This power, which is the Spirit of the Almighty, may be expressed through positive affirmations of truth — thoughts of recognition which embody in mental form its divine potency. Through faith this Spirit manifests its power; and faith may be cultivated and developed by affirmations of truth relating to the goodness and wisdom and perfection of this Power. We may affirm the presence of almighty health and strength until we feel the glowing power infilling our thoughts and tingling with joyous life through every cell of the body. It is by affirmation of the truth that we build the spiritual temple of faith through which God comes into manifest expression in our flesh. And as we develop this potency of the spiritual word, and tune our natures to the keynote of the divine life of love and service, we shall gain the consciousness of the actual presence of the Father, and become so alive with his grace and harmony that God will live in every part of us, and we shall begin to realize in some degree the miraculous power that Christ attained as the Word of Power.



MY SOUL IS ALIVE WITH THE HEALING POWER OF JESUS JEHOVAH

ASSUME a restful attitude and let the above thought occupy your mind. Picture in your imagination the living, healing Presence of our beloved Master. Call to mind the marvelous power of healing He exercised while on earth. Think of Him as walking among men, radiant with healing love to all. Then remember that that same individualized Presence of the Father can be the inspiration of your mind and the health of your flesh to-day as it was to those of yore, if you will but allow Him to occupy your thought and affection.

"Behold, I stand at the door, and knock;
If any man hear my voice, and open the door,
I will come in to him and sup with him,
And he with me."— Rev. 3:20.

His glorified angelic Presence is waiting to glorify your temple with eternal Life and Love.

As you hold this thought in mind, know that your soul and body are being illuminated and spiritualized and harmonized by the living glory of the Christ. Cultivate by love and devotion this heavenly Presence of your God. Your soul will awaken under the influx of his Holy Spirit, and new and holy aspirations will be born. You



will feel your soul and mind and body being transformed into the harmony and perfection that are your real, eternal character.

After you have continued this practice for a time you will begin to realize as never before that your soul is an actual, intelligent power, superior to your conscious mind, created in the image and character of the Almighty God. As your aspiration and love draw around you the brooding Presence of the Holy Spirit of Jesus Christ, your soul will gradually awaken to the consciousness of eternal life that characterized it in its angelic state previous to birth, and you will praise and glorify the Christ as the regenerator and redeemer of your soul. Then you will love to give time to silence and meditation, while your soul may be fed by its Beloved on the Bread of Life. And from this awakening of the soul there will come to you a new and more potent vitality that will heal and harmonize all your nature. Your soul will begin to realize its god-like dominion over sin, sickness, and death. It will become a potent magnet of love to draw to itself all that is required of wisdom and wealth to promote its spiritual welfare; and daily, as you commune with and praise Him, will Jesus Jehovah develop your soul — the Christ within — until your character conforms to the grace and beauty of the celestial image of the Eternal God.



DENY THE CAUSE OF DISEASE

IN treating diseases mentally, deny out of the mind the cause of the appearance. There is no cause for disease in your soul nature, which is your *true* nature. In thinking the truth of the soul to overcome error thoughts of the mind, always deny every cause that is not real in your soul nature. Your soul is Truth. The life and perfection of the soul are positive Power. Think the truth of your soul, speak the truth of your soul, and trust it to overcome all negative appearances in the flesh. While pain and disease may appear very real to the senses, they are not real conditions to the soul nature. What the soul knows and feels as true is the real standard of eternal Truth. The soul recognizes unlimited life and perfection as the only permanent truth, no matter what may appear real in the body. And if the conscious mind will agree with the soul and deny all causes of sickness and pain as unreal, the soul's power and perfection will become manifest. As:

There is no cause in my soul for this pain.

There cannot be any cause for pain in this temple of truth.

My soul is the life and peace of my flesh.



DENY THE IMPERFECT: AFFIRM THE PERFECT

THE human battery of mental energy may generate thought which is constructive or destructive. As the electric spark is discharged from the electric apparatus, so, in like manner, sparks of thought are discharged from the mental apparatus. Although the charges of mental force are invisible to mortal sight, they are, nevertheless, much more potent in many ways than the crude spark of electric energy. Sparks of thought force are superior to electric sparks because they are intelligent; and the power in each spark will work intelligently to accomplish whatever it is directed to do, and instead of becoming exhausted it becomes stronger by drawing like mental elements to itself. We have a very faint realization as yet of the power of thought. When the world wakes us to the spiritual value of thought, to the creative value of thought, the members of the human family will become as gods in their dominion over the flesh and over all negative environments.

By affirmation of truth, thoughts of constructive power are generated. By denial of the beliefs of the past which we see to be false, we generate a dissolving force which dissolves from the subconscious and conscious degrees of mind all dark and limiting thought forces that tend to disease and discord in the human economy.

The subconscious mind is the storehouse of all the thoughts and feelings of this present life, running back to the thoughts and feelings of the parents which formed the basis of the subconscious mind.

The subconscious mind of each personality, then, is a mental garden, in which is planted all the false and undeveloped thoughts and feelings of the whole race, or at least of that part of the race from which the personality descended most directly. And as the subconscious mind is the spiritual form or matrix which molds its physical counterpart, forming and operating every organ in the body, directing the new food elements that are partaken of daily to their proper places in the formation of the body, it is necessary to go back into this subconscious character form to find the potent cause for the discord and inharmony in the physical body. If the seeds of lust, limitation, fear, ignorance, revenge, cruelty, disease, or death have been sown by ancestors, or by conscious thought, in the garden of the subconscious mind, then all these seeds will have to be dissolved in order that the subconscious mind may reflect the perfect order and harmony of the heavenly Mind of God and make God's perfect thought into a perfect temple of flesh. Not until the subconscious mind is cleansed and purified by the dissolving power of thought can the soul power within, the true individual from God, gain its perfect mastery over its instrument of flesh.

All thoughts, like thoughts of lust, that have been termed sinful must be denied out of the mind,

because they limit the soul in its perfect expression and fill the blood with poison. Evil thoughts, like lust, anger, jealousy, etc., have a creative force. They transform the food elements into poisonous compounds. This is now demonstrated conclusively by scientific experiment.

{ But, thanks to the knowledge of the action of mind, we know that we no longer need to suffer for the sinful thoughts of our parents, nor do we need to suffer for our own sins of the past. We can use the process of mental denial to dissolve all the seeds of past thoughts from the conscious and subconscious degrees of the mind. A spark of electric energy may be sent through the depilatory needle to the root of a hair to destroy the root; so by denial may sparks of thought be sent into the mysterious recesses of the subconscious mind to destroy all false beliefs of the past.

The same mental force may be used to dissolve all false growths, all swellings, all poisonous elements, and every diseased condition from the physical form. Every one of these things has a mental counterpart, and unless the mental growth is first dissolved the material means used to dissolve the physical growth will not always be successful, because, given the proper conditions, the mental form will again reproduce itself in the flesh. So the physician of the future will perform surgical operations mentally for false growths to get permanent results.

The best results are attained by the use of denial, followed by affirmation. It will be found that the process of denial tends to disturb both the

mental and physical forces of the body. Denial of diseased conditions will disturb the reign of those conditions, and denial of old mental beliefs will unsettle the mind for a time, causing the darkness of past thoughts to rise up and shroud the mind in gloom. But there is no real reason for fear, if the denials are not persisted in for too long a time. Strong denials should be followed by peaceful, harmonizing affirmations, in order to allay any mental or physical disturbance caused thereby.

The following examples of the application of mental denial make clear the process. The student can see from these how to exercise the mind in denying all conditions of mind and body which do not represent the ideal.

DENIAL OF FEAR

I take my stand on my eternal soul, and by the dissolving power of my mind I dissolve away all the limiting thoughts of the past.

I am a soul in unity with the omniscient Spirit of God. I dissolve all thoughts of ignorance from my mental atmosphere. I am wise with the Wisdom of my soul. I am the Light that clears away all the clouds of mortal ignorance. I am the Light of Heaven.

All fearful memories of the past are dissolved. I will persist in casting out all fearful thoughts from my mind until only the Light of divine Love remains.

My soul is in union with the perfect Love of God. I am the perfect Love of God expressing.

There is absolutely nothing to fear. All race thoughts of fear are dissolved from my mind. All hereditary thoughts of fear are dissolved from my subconscious mind. I will no longer be bound by haunting thoughts of fear. I command my subconscious mind to cast out all haunting thoughts of fear.

My soul stands in the joyful light of Love and cannot feel fear in any form. My soul is clad in a mantle of Light and cannot be troubled by memories of the past. I am the fearless Child of Omnipotence.

I know the truth that All is Good. I know I cannot lose anything. I know that no force in heaven or on earth can take my conscious individuality from me. I cannot be robbed of any good thing. So I have nothing to fear. The fearless Spirit of Jesus Jehovah is radiating from within my soul. Praise His Holy Name.

DENY MORTAL HEREDITY

As a soul born in the image and likeness of the Father-Mother God, I deny the power and influence of mortal heredity. I deny all limitations of a mortal heritage. I deny the negative truth of my mortal heredity in favor of the positive truth of my immortal heritage as a soul of God. I will recognize the power of life, health and perfection within my soul, and by my recognition of my soul power I will overcome all negative laws of mortal belief.

I cannot be affected by unhealthy conditions of my mortal parents. I refuse to allow any imper-

fect conditions to take root in my nature. By the power of my divine soul I dissolve from my nature all tendency toward imperfect conditions.

I will no longer look back to mortal parents as my ancestors. I will trace my birth direct to God, who is the real parent of my real being. I will not reproduce any of the mental or physical attributes of mortal parents. I draw all my life, all my thought, and all my power to express life and health direct from God. I deny from my mind any belief that I can be subject to the diseases of my ancestors.

By the power of my will I dissolve all possibility of disease from my organism. By the intensity of my thought I dissolve every morbid condition from my flesh. By the power of the Flame of God within my soul I cleanse and purify my mind and body of all poisonous elements.

I will keep my mind and body so pure and my thought so true to the power of the Divine, that only perfect life and health can manifest through me. I am an endless stream of life direct from God, and by recognition of my life in God I will keep the stream of my life pure and perfect forever.

DENY MENTAL WEAKNESS

God is my life. God is my strength. God is my mental power. I cannot lose my mind. I cannot get weak in mental power. God's Mind is all about me, and from his Mind I now draw my mental energy and strength. I am surrounded by his Peace and Harmony.

I will not be troubled about material affairs or about anything. I will trust all my affairs to the Mighty God. I will have faith that all things will work out for the good of all. I trust to the Love and Wisdom of God to bring all to pass.

I will sleep in the peace of God every night. I will build up in mental strength every night. I will develop my will and my mental power by continual use. I will exercise my will to overcome. I am greater than all negative conditions that have held me down, and I now exercise my will to conquer for the glory of God.



INSOMNIA

RETIRING at irregular hours often induces insomnia because sleep is a habit. The habit of sleep can be cultivated because the attitude of lying down, darkness, and quiet are all associated in the subconscious mind with the state of sleep. Thought and feeling retire into the subconscious state during sleep, so the subconsciousness is that part of the mind that functions during sleep and it possesses the power to draw thought and feeling back into its depths and thus induce sleep. The subconscious mind may be led to produce the state of restful sleep by mental suggestions and it will seek to carry out the most dominant suggestion it has received.

When wakefulness has become a habit of mind, much patient effort may be required in some cases to entirely overcome this habit, but rest assured, if the causes of nerve irritability are removed and the proper suggestions are given to the subconscious mind, refreshing sleep will become a permanent habit.

One should form the habit of casting aside all worries and cares, and even the thoughts of daily affairs, before getting into bed. The reclining position should be associated with the idea of sleep and rest of mind and body, and under no circumstances allow the mind to go back over the affairs

of the day after going to bed, because the activity of the mind thus induced will settle down into the subconscious state and a tiresome dream activity will continue after the conscious mind has become heavy with slumber; thus insomnia may be developed.

Many have found devotional study a potent means of turning the thoughts away from the vexations and cares of the day. By study of exalted thought a more spiritual side of the mind becomes active, the blood retires from those parts of the brain that have been active all day, and afterwards, with the reclining position, comes restful slumber.

If, after lying down, the mind reverts to the thoughts of the day, resist them and then let the mind drift passively in the current of thought set flowing by your spiritual studies.

After lying down, do not make any positive effort like holding affirmations that would tend to keep the mind alert and active, but simply let your thoughts and feelings drift away from the material life and affairs toward the state of immortal existence where the Christ is the Divine Magnet that attracts your soul towards the deeps of Bliss.

When wakefulness has become such a habit that one expects nothing else, it is well to read and repeat the following thoughts before retiring in order to eradicate the idea of wakefulness from the mind:

When I retire I shall go to sleep immediately, and no habit of wakefulness shall keep me from sleeping.

When I lie down the blood shall flow away from my brain to the extremities of the body, and my brain shall rest.

Sweet sleep shall steal over my senses, bringing peace and rest to body and brain.

Wakefulness is not a normal condition at night. I can overcome it, because all the needs of my nature tend to inaction after action, to sleep after wakefulness.

I will not become discouraged even after apparent failures, because I know that all my nature is coöperating with my efforts.

My mind will sooner or later adjust itself to fulfill my desire and need for sleep, because it is obedient to my will and desire.

If I wake during the night, I shall expect to go to sleep again immediately.

" And now I lay me down to blissful, dreamless sleep,
I pray that I may sink myself into Thy Will.
And through Thy Will awaken to another day,
To follow Thee, my Master, closely all the way."



EXERCISE YOUR IMAGINATION

THE audible suggestions of Psychologists have broken the nervous habit of wakefulness and proved a boon to thousands troubled with insomnia. Many have practiced auto-suggestion with the same good results. That is, after lying down they have held in mind thoughts like the following:

My body is now entirely relaxed and I am going to sleep.

I am getting quiet.

My mind is getting passive and drowsy.

I will soon be fast asleep and sleep restfully until morning.

But occasionally the very effort to hold such thoughts defeats the purpose and keeps one awake. One woman, after reading of the good results of suggestions given at the Emmanuel Clinic, tried to "auto-suggest" herself asleep. She relaxed hopefully, and repeated her formula over and over, but it didn't work. She tried it for several nights, growing more restless and impatient, and more skeptical of her own powers, each night. It seemed to her that she was two persons, one lying sensibly in bed, trying to realize that she could and would sleep, and one perched on the foot-board looking on and sneeringly repeating, "You can't do it, you can't do it."

One day she saw in a magazine a picture of a

patient being treated in the study of one of the Emmanuel workers. An elderly man was sitting back most restfully in a morris chair, and behind the chair, bending slightly over the patient in an attitude suggesting power, assurance, and authority stood the minister who was treating him.

When she thought of the picture after retiring, she felt very sure that if she were in that study and if that minister were bending over her in that attitude of calm assurance and strength, and would tell her to go to sleep, she would obey. Then she decided to "play" that she was being treated. She imagined herself in that pictured room, relaxed in that comfortable chair. She imagined further that a quiet voice, with great reserve power, was saying words similar to these which follow, and in ten minutes she was sound asleep and slept all night.

There is no reason why you should not go to sleep.

You can sleep as well as anybody else.

You are growing very quiet already.

You are growing sleepy.

You are going fast asleep.

You are sleeping — sleeping. Sleep!

She reasoned then, that if with that imagining she had actually put herself to sleep, she had the power to do it without such imagining. She tried it and failed. She needed some such aid as her imaginary minister afforded her, to enable her to let go of her self-consciousness, although after awhile she gained the ability to put herself to sleep without this aid. At first when she tried to

put herself to sleep by direct suggestions, she doubted her words and failed, but she had faith in her imaginary minister and the activity of the imagination occupied her mind in the creative work of forming the minister, the place, and the state of relaxation, which drew the consciousness into a subconscious state and allowed the much used outer mind to subside.

There are various ways that this same result may be accomplished by use of the imagination. One is given in the article "Lost in Thought," on page 128 of "Mystic Words." Another method is to imagine oneself back in the pleasant scenes of childhood. With a little practice, the pictures hidden in memory can be entered into and will become so absorbing that present things will be forgotten; one will wander through bright childhood scenes all through the night, and wake refreshed from partaking of the joy of happy recollections.

Those with a large faculty of devotion or veneration have found a moral and spiritual value added to the sleep-inducing process by imagining, instead of the minister giving the suggestions, that the radiant form of the real but unseen Christ stood beside them and led their consciousness into the way of Peace by such words as follow.

My peace I give unto thee. Let not your heart be troubled, neither let it be afraid.

My Presence shall go with thee and I will give thee rest.

Thou shalt take thy rest in safety.

Rest in the Lord.

In this place will I give peace.

Sleep now and take thy rest. ABIDE IN ME.



NERVOUS DEBILITY

NERVOUS debility is often caused by accumulations of dark mental forces in the aura or mental atmosphere of the person, which produce a despondent feeling and also weaken the nervous system, because they absorb the vital essence. They must be dissolved by persistent use of thoughts like these which follow:

Omnipotence is dissolving all false mental forces from my presence.

All disturbing memories are dissolved.

All disturbing connections with mortal personalities are dissolved.

The Spirit is dissolving all mentalities from my atmosphere.

All accumulations of dark and depressing thoughts are dissipated.

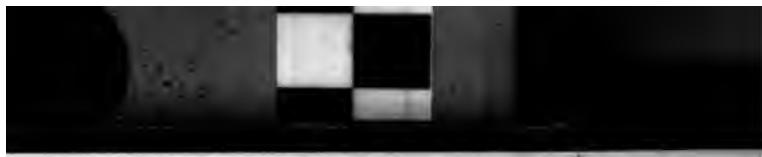
All mortal thoughts are washed away.

My home and my temple are now purified by the white light of the Divine Presence.

I will not have my home an abiding-place for fear or darkness of any kind.

Infinite peace and power are now working to make all conditions for my perfect healing. The mighty Angels of God are my protection, and under the shadow of his Wings I abide.

GLORY TO GOD IN THE HIGHEST!



TREATMENT FOR DEPRESSION

By the power of my mental word I dissolve all disturbing elements from my atmosphere.

All the mortal thoughts of the day are dissolved. All the mental discords of the day are dissolved. My aura is cleansed of all dark and limiting thoughts. All thoughts and memories of the day's affairs are dissolved from my mind. The weight of mortal responsibility is thrown off my mind. My mind is freed from all dark and depressing elements of thought.

My mind rises into the positive state of joyous freedom and brightness. My mind is filled with the peace and harmony of the Eternal Mind. My mind rises above the negative thought currents into the peaceful glory of the Mind that is always harmonious.

Above the discordant vibrations of the mind of the world there is the Mind of God, radiant with the joy-giving effulgence of the infinite Spirit. My mind and soul are lifted up to the contemplation of the realms on high where the angels of God dwell in the serene enjoyment of the grace and glory of the living God. Above the tribulations of the world-mind dwells the glorified soul of Jesus Jehovah, radiant with the Peace of eternity.

"Be of good cheer, I have overcome the world."



I praise Thee, O visible Form of God, for the spiritual grace and strength that now enliven and renew my soul.

Let your imagination contemplate his glorified soul presence; your mind will be lifted above all mortal cares and worries, and He will give you of his peace and power. Your soul will partake of his joyous life and strength, and rise into the realization of its inmost power as an image of Divinity.



CATARRH

CATARRH is often a hereditary result of the feverish passions and lusts of the race. In common with many other diseases, catarrh may have a secondary or operating cause, such as lack of nerve power, which also must be overcome. The hereditary causes of diseases exist in the subconscious mind, where they are not perceived by the conscious or intellectual mind, and from where they affect the constructive processes of life. It is the duty of each one to deny out of the subconscious mind the causes of disease and all evil tendencies received from mortal heredity, and to assert the power of the divine nature until it becomes masterful in controlling the mind and body. Almost every one, through mortal heredity, has received of the passionate nature of mortals. But from God, by divine heredity, each one has received an interior nature of purity and peace.

SELF-TREATMENT

I am a pure soul of God. There is no cause in me for catarrh. The lusts and passions of mortal heredity cannot poison my blood or taint my flesh with impurity or disease. There is no cause for catarrh in these mucous membranes. I dominate this whole body with the pure thoughts and feelings of my soul nature. My mind and

body are cleansed of all impure thoughts and feelings. The Holy Spirit is powerful to cleanse me of all evil and make me whole.

Also hold thoughts of Life for general invigoration.



MY VITAL ORGANS ARE GENERATING HEALING, HARMONIZING VITALITY

To overcome weakness or imperfect activity in the vital organs this thought should be memorized and allowed to remain in the mind as much as possible. It should be repeated just before falling asleep and the first thing in the morning. Also deny all mortal condemnation from the sexual nature, and affirm the truth that it is pure and holy in its office and function.



FOR PAINFUL SWELLINGS

USE these thoughts toward painful swellings:

You have no pride; you are going down into the infinite depths of meekness and peace. You are so meek that you cannot organize a painful swelling. You are so peaceful that you cannot polarize poison. You have no ambition to be anything or do anything. You are peace. You cannot resist the healing peace that lives in all your substance. The cleansing waters of truth purify you of all poisonous elements. All is peace and harmony. The power of Omnipotence is your peace and satisfaction.



CONSTIPATION

PLACE both hands on the abdomen so as to increase the magnetic force in the abdomen while using these affirmations. This treatment should be used three times a day, if possible.

I will that the intelligent force in each one of these organs shall be active in keeping my bowels open and free from any torpid or diseased condition.

My stomach is peaceful digestive power.

My liver is active intelligence.

My spleen is spiritual life.

My kidneys are purifying power.

My generative organs are creative vitality.

My bowels are energized mind.

All these organs work together to produce health and harmony in my body.

I AM SPIRIT IN ACTION.

All the destructive states of mind which go with care and worry, tense the nerves and increase the tendency to constipation. A happy, care-free state of mind which places all trust in the Wisdom of God, relaxes the mind and nerves and removes one great cause for constipation.



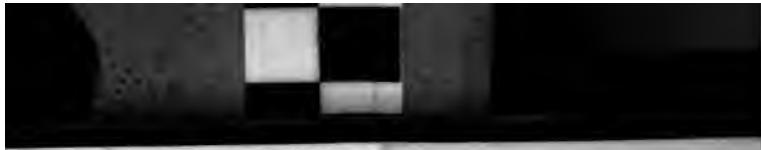
APPENDICITIS

THOUGHT force infused into the flesh makes it positively healthy and resistant to disease. There is absolutely no need for any one to have appendicitis if he will keep his liver active and his bowels open and free.

Since Sir Wm. Mac Ewen, M.D., proved that the appendix secretes a very important digestive and lubricating fluid, physicians have not been so ready to remove the appendix when it is inflamed. When one feels the first symptoms of appendicitis he is apt to become hypnotized by that terrible fear which is everywhere prevalent in regard to this disease, and this fear-thought alone is capable of paralyzing all the healing activity of the bowels.

The bowels should first be purged. If your thought has not gained dominion in this respect, do not hesitate to aid nature with any means knowledge has placed at your disposal. All is mind, and an emergency may require that your negative body-mind receive a stimulus from some of the more tangible expressions of the universal Mind. Use your thought with all its intensity toward infusing the spot affected with intelligent, active energy. Do not let fear enter your mind.

Have faith in the healing power of your own life, and know that your positive faith is intensi-



fying the healing intelligence in your body and making you a magnet for all the healing life pervading the universal Mind of God. Know that the Spirit of the almighty Mind is flowing into your positive thoughts of faith and making them alive with healing energy. Repeat over and over to the latent intelligence in the bowels: "You are the Spirit of almighty Life in action. You are active, active life. The Mind of God is powerful to restore harmony to all these parts."

As an aid to centering the thoughts, place the hands on the part you are treating, or better still, rub the hands in opposite directions across the front and back of the body. This will electrify all the flesh with a more positive energy.

I was, some years ago, saved a trip to the hospital by the persistent practice of the above method. It was a well-defined case of appendicitis, and it did seem at times that I had met my Waterloo. It took me several days and nights, but I conquered, and live to teach the children of the Father that within their natures slumbers a soul power from God, capable, when awakened and expressed through thought, of recreating and restoring perfect action in every part of the body.

HEAVENLY FATHER:

My soul draws upon Thee for love. Let me feel so much of thy Spirit of love that all unlovely feelings will be dissolved from my nature. Cleanse me of all feelings of ill-will, from all condemnation, from all resentment, and from all thoughts and feelings that would interfere with



the free operation of thy life within my nature. As I forgive and bless all my enemies, thy Spirit forgives and blesses me, and as I express thy Spirit of love, the power of thy Spirit gains full control of my body and operates freely in every part, bringing every organ into harmony and health. I am not withholding love from any creature. My "bowels of compassion" are not bound. I am not repressing the secretions in my bowels by any mental states of fear or condemnation. My mind is filled with thy free, generous Spirit and this Spirit reflects in the free action of my bowels.

Thy love, the power that moves in all lives, is the freeing power within my liver and bowels, freeing my mind and body from every limiting condition. I bless everybody with love and goodwill. I bless my bowels and all the organs in my body with thy vital Spirit of love. I am thy Love in action. I do all for the glory of Thy Love. Amen. Col. 3:12-13.



HEALING TREATMENT FOR THE EYES

I KNOW the seeing power resident within my eyes can overcome every limitation of my flesh.

I have faith in the perfect intelligence which sees through my eyes.

My vision is corrected by the living presence of Jesus Christ.

The presence of Jesus Jehovah within my soul is my purity and perfection. My vision is not limited by any lustful thoughts and feelings. I am cleansed and purified of all hereditary and race lusts by the Holy Spirit.

Every atom of my eyes and optic nerves is intelligent and obedient to the law of perfect formation, manifesting the beauty and grace of divine perfection.

I will that my eyes shall manifest the perfect seeing power of the Spirit.

I am the clear, unlimited sight of God. I will manifest my perfect sight.

I know that the almighty power of perfection is present within my soul, and my soul infuses every atom of my body. I will make every atom so positive with my words of faith that only perfection can come into expression.

I, as a soul of God, have unlimited seeing ability.



I have faith that my awakening soul will re-organize the structure of my eyes. My soul has the intelligent ability which enables it to refocus the lenses in my eyes so that I see all objects distinctly and clearly. My soul is now readjusting the focus of my eyes.

I patiently and trustingly wait upon the Spirit within my soul, and give it the strength of my faith while it is readjusting the lenses and creating perfect vision.

FATHER! I thank Thee that my prayer of faith is heard, that my thoughts of perfect faith are sown in the substance of my eyes, and shall bear fruit in perfect sight, to the glory of thy indwelling Spirit.

The experience of many who have demonstrated over near and far sightedness and other defects of the eyes, has proved conclusively that in the mind is the organizing power which shapes the structure of the eyes. All that remains to be done, then, is to persistently concentrate this thought power until it brings the desired result. Failure is due to lack of faith in this power, or lack of sufficient desire to inspire the continued practice of the method until results are manifest. This is the law. Results will prove when it has been fulfilled.



HEALING PEACE

THIS treatment will place you in touch with the healing streams that flow from the Celestial Presence of Jehovah-Jehovah.

Sacred names have each a spiritual quality and a relationship with a center of consciousness, and the name Jehovah-Jehovah, relates the mind to the holiest state of the Divine Mind. The mind becomes united through this name with the state of infinite peace wherein abide the holiest and wisest angels of God, and through this telepathic sympathy, receptive minds receive vibrations of holy, peaceful, healing emanations, which harmonize all mental disturbances and bring the peace that passeth mortal understanding. This name may be used effectively whenever and wherever peace is desired, for self or for others.

Retire from the world when you can — after your daily duties are over — and contemplate the healing power represented by this holy name. When you desire to inbreathe the emanations that come from the use of this celestial name, put all mortal thought aside, and in the utmost meekness and humility of mind bow down before the Majesty of that Mysterious Power that resides in the angelic spheres, and also within the inmost recesses of your soul, and your spiritual poverty will be filled from the illimitable fullness and boundless love of the Father. Praise His Holy Name!

From a meek and lowly chamber of your soul there bubbles forth the ethereal waters of peace. There is a region within you akin to that essential realm of Jehovah-Jehovah, where the crystal Sea of Truth is stirred by the vital breath of the Infinite One, and the murmuring waves whisper words of peace and everlasting serenity.

Your soul now listens to the voice of omnipotent Peace, and the ethereal peace of the Spirit infuses your whole nature with the harmony of heaven.

The crystal Sea at the root of your soul finds your mind meek and lowly and receptive to its waters of peace that gently flow into your mind and harmonize your thoughts with heavenly rest.

The ethereal potency of the peaceful Presence of Jehovah-Jehovah is now permeating your whole being, and all the atoms of your body obey this law of peace and harmony.

Healing, soothing peace is the only Presence and the only Power. You are saturated with the healing glory of Jehovah-Jehovah, and there is no cause for mental or physical friction in this Holy Presence.

You are now in the peaceful glory of the Infinite One, and there cannot be anything in you or around you but boundless peace and love and harmony.

In this Presence:

There are no mortal minds at war. All is infinite Peace.

There is no bondage to lust or love. All is eternal Harmony.

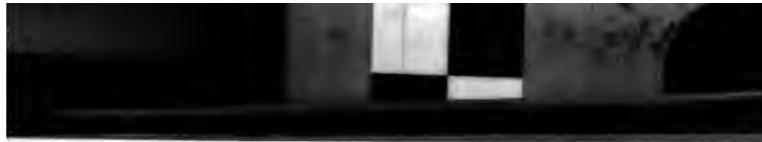
There is no vanity or pride, for the essential Meekness reigns supreme in all.



All the cells of your nature rejoice in the free light of boundless Peace, and inbreathe the peaceful vitality of Eternity.

Glory to Jehovah-Jehovah for the healing Peace from the exalted spheres of heavenly, harmonious Love.

ALL IS PEACE!



MIND MASTERS MATTER

THE laws of matter are responsive to the superior laws of mind, and "miracles," so-called, do not set aside natural laws but merely show that natural laws are subservient to the superior forces of the universal Mind.

There are no miracles in the sense of the violation of natural laws. "All things are possible" to the human mind when it learns to exercise and direct the powers of the soul as did Jesus and the mystics and saints of the ages. Then natural laws prove obedient to the superior law, of which they are but effects.

The following interesting explanation of the marvels performed by highclass Hindu fakirs or wonderworkers is taken from the book "Ghost-Land," published by the Progressive Thinker Publishing Co., Chicago, Ill.:

OCCULT PHENOMENA AMONG THE HINDUS

"Like most persons interested in the occult side of nature, I had no sooner returned to India, where, indeed, my earliest days of childhood had been passed, than I became fascinated with the extraordinary and preternatural powers displayed by Oriental ecstasies. It may not be wholly uninteresting to touch upon the methods which I myself adopted to master the secret of their production.



" My first step was to secure the services of two of the most accomplished as well as respectable members of the fakir fraternity, and, having taken all the available means at command to attach them to my interest, not forgetting to separate them from each other, so as to avoid the possibility of collusion or a systematic attempt to deceive me, I had opportunity enough to observe many of the most astounding evidences of the power these men possessed, as well as to analyze at leisure their claims for its origin. In each case, as well as in numerous others, where incredible feats of preternatural wonder were exhibited, the fakirs assured me the pitris, or ancestral spirits, were the invisible wonderworkers.

" Again and again they protested they could do nothing without the aid of these spiritual allies. Their own agency in the work, they gave me to understand, consisted in preparing themselves for the service of the pitris. They alleged that the material body was only a vehicle for the invisible soul, the spiritual or astral clothing of which was an element evidently analogous to the 'spiritual body' of the Apostle Paul, the 'magnetic body' or 'life principle' of the Spiritists, the 'astral spirit' of the Rosicrucians, and the 'atmospheric spirit' of the Berlin Brotherhood. This element the Hindoo and Arabian ecstasies termed Agasa, Vitality, or the life-fluid. They said that in proportion to the quantity and potency of agasa in the system, so was the power to work marvels by the aid of spirits. Spirits, they added, used agasa as their means of coming in contact with matter, and when it was abundant and very powerful the invisibles could draw it from the bodies of the ecstasies and perform with it feats

only possible to themselves and the gods. 'Mutilate the body, lop off the limbs, if you will,' said a Brahmin, whom I had also enlisted in my service as a teacher of occultism, 'and with a sufficient amount of agasa you can instantaneously heal the wound. Agasa is the element which keeps the atoms of matter together; the knife or sword severs it, the fire expels it from its lodgment in those atoms; put the agasa back to the severed or burned parts before they have had time to fester or wither, and the parts must reunite and become whole as before.'

"It is by virtue of agasa that the seed germinates in the ground and grows up to be a tree, with leaves, fruit and flowers. Pour streams of agasa on the seed, and you quicken in a minute what would else, with less of the life-fluid, occupy a month to grow. Charge stones or other inanimate objects with agasa drawn from a human body, and spirits can make such objects move, fly, swim, or travel hither and thither at will; in short, it is through the power of agasa — by which I mean force, the life of things — that all the most intelligent Hindoos with whom I studied, insisted that preternatural marvels could be wrought, always adding, however, that spirits must assist in the operation, first, because their spiritual bodies were all agasa, and next, because they had a knowledge of this great living force and how to apply it, which they could not communicate to mortals.

"The methods of initiation into these wonder-working powers were, I was assured, chastity, seasons of profound abstraction, a spirit exalted to the contemplation of deity, heaven and heavenly things, and a mind wholly sublimated from earth and earthly things. By these processes, it

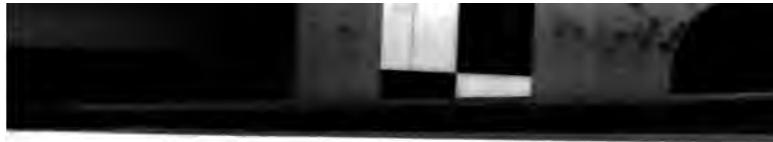
was claimed, the body would become subdued and the quantity of agasa communicated through the elements and by favor of the gods, would be immensely increased. It would also be more readily liberated, and under the control of spiritual agencies.

"Behold me!" cried one of my instructors on a certain occasion. "I am all agasa. This thin film of matter wherewith I am covered, these meshes of bone that form my framework of life, are they not fined away to the tenuity of the elements? They hinder not my flight through space, neither can they bind me to the earth I am casting off."

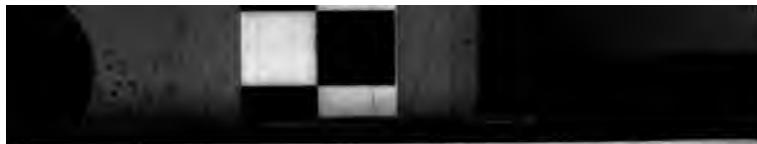
"He proved the truth of his boast by springing upwards from the ground which he spurned with his foot, when lo! he ascended into mid-air, and whilst his entranced eyes were rolled upwards, and his lean, rigid arms and thin hands were clasped in ecstasy above his head, he continued to soar away nearly to the roof of the vast temple in which we were."

This very beautifully illustrates that we can overcome many of the limitations of the material body by developing in our flesh a more positive degree of vitality.

Affirm again and again: I AM VITALITY. Think vitality, breathe vitality, eat vitality, and know that you are the unlimited vitality of God; thus you will become a magnet for almighty Vitality. Think toward each organ of your body: YOU ARE VITALITY. You are so filled and thrilled with vitality that there is no place for disease or decay in you. ALL IS VITALITY.



Keep this up unceasingly and it will make you so positively vital that health and happiness will reign throughout your whole being.



THE GREAT SYMPATHETIC

PATHOLOGISTS tell us that many diseases start in blood-stasis or stagnation. Health can exist only where there is positive activity or circulation in every part of the physical body. Life is synonymous with activity, and stagnation with death. There is but one agent in the building and repairing of the body, and that is the circulation of the blood. It brings substance to every cell in the body and carries away waste matter. The blood stream is responsible for all bodily building and cleansing, for diseased or healthy tissue. If this be true, then any means, whether mental or physical, that will flush capillaries and quicken the circulation should be considered as a great means of cure.

All the circulating fluids in the body are subject to the sympathetic nervous system in this way: All the activities of the body except those of a chemical nature are tubular. Through tubes we breathe, circulate, and eliminate. Bile, blood, air, food, sweat, pancreatic juice, lymph, and saliva all flow through tubes, and the flow is controlled by the involuntary muscles which constitute one of the coats of all the tubes in the body.

By the action of these involuntary muscles we perspire, we breathe, our hearts beat, and our food is carried through the stomach and intestines.

And what makes muscles move? Nerve stimulus — nothing else. Any muscle is inert until it is compelled to act by nerve force. The cerebro-spinal nerves influence the voluntary muscles, but the involuntary muscles are controlled by the great sympathetic nerve. The sympathetic nerve, then, is the brain that controls circulation, perspiration, digestion, elimination, and all functioning of physical organs.

The spirit of man, which is often called the subconscious mind, acts through this great nerve and all its ramifications to influence vital action. The states of the spirit or subconscious mind are all reflected into physical functions through this nerve. According to the quality of the emotions that the spirit sends through this nerve will be the state of vital action. The chemical quality of saliva, liver, and all digestive juices is determined by the quality of the spirit. But here is a very important fact that is often overlooked by those who are trying to be consistent in the above point of view. Anything that weakens the nerve force, as over-indulgence in sense gratifications, anything that poisons the system whether it be coffee, tobacco, poisonous drugs, serums, or fermenting foods, is bound to limit and depress the spirit in its physical expression.

The living, intelligent spirit acting through the sympathetic nerve upon the vascular or tubular system, tries to throw off the accumulating poisons and in doing so produces an acute disease called by German Nature Curists a "healing crisis." These healing efforts are great blessings in dis-

guise whether they throw off poisons through the effect called a cold, pneumonia, or smallpox. The German Naturopaths prove in their practice that any of these acute healing crises are not harmful and leave no bad effects when nature is intelligently coöperated with and allowed to free the body of limiting matter. In fact their value is proved, as they leave the body healthier. But modern physicians and even mental healers do not recognize the great value of this process of elimination and they try to suppress this healing activity by thought or by the use of anti-toxic serums or poisonous drugs, with the result that the poisons accumulate and bring on tuberculosis, cancer, tumors, rheumatism, or other chronic troubles.

The spirit can be aroused to positive activity in eliminating poisons by mental and spiritual means, and the same results can be attained by the application of cold packs and cold water to the sacral plexuses because both means act through the same nerve. In one case the impulse is mental and in the other it is more of an electrical nature. As the false habits of living, heredity, and other factors have stored cells with useless substance, and as few give the time to attaining that spiritual mastery whereby the flesh is kept subservient to the spirit, it is wise to combine mental and physical means of healing *as long as these means recognize and coöperate with the individual spirit of life as the great and mighty cause of cure.*

When once the body has become purified, and all morbid states of mind are corrected by the



knowledge of spiritual truth, then the sympathetic nerve becomes the open doorway to the subconscious activities of the spirit. Then the life absorbed from the universal Mind by the individual spirit can pour through the Sympathetic, and the body will become a dynamo of energy and power. Then the pure instincts or feelings of nature will guide in the knowledge of the quality and amount of food to be eaten, and appetite will be obeyed because it will lead aright. Then when the temple is purified and the soul is resurrected to know the Source of Power, the white Light of Divinity will shine through all states of nature and reveal the beauty and perfection of the Divine Image in terms of physical flesh.

SELF-TREATMENT

I feel I am a spirit of life vitalizing the sympathetic nerve.

I concentrate my attention on the life that is now flowing through the entire nervous system.

I will feel life stirring all sluggish currents to positive activity.

I will concentrate on this inflowing life force until I feel that every cell in my body is charged with its vitalizing energy.

I am life, dissolving away the accumulated poisons and morbid matter.

I am radiating life to dissolve false growths and eliminate all poisons from my nature.

I am consciously drawing life from the Infinite Spirit, and filling this, my temple, with its healing energy.

I dissolve from my mind and nervous system
all depressing and passionate feelings, that life,
all-glorious life, may fill my flesh with strength
and power.



LET YOUR SOUL EXPRESS

PAIN and disease in the body are often a crying out of its parts to the soul for more life. The soul is the mighty magnet that can hold the cells and organs of the nature in perfect harmony and peace. But when the mighty polarizing power of the soul is dormant and covered up by material-mindedness, the physical organization is not fed with the spontaneous life of the soul, and consequently cannot carry on its work with the intelligence and skill necessary to the perfect operation of all parts in unity. Where there is this lack of vitality from the soul, discord and inharmony become manifest in the physical economy. The nerves cry out to the soul, "O give us food, that we may carry on our active life;" the cells call for vitality that they may repair the wasting tissue, and the joints try hard to make the soul understand that they are in need of lubricating oil.

The soul is a power greater and more intelligent than the whole physical nature; it is life; it is creative energy; it is the true physician to the body; it is the Organizer that can bring all things into harmony with its divine pattern.

Under proper conditions the soul can generate from its physical nature any known force that exists in external nature, for man is an epitome of God and his infinite Nature. Does electricity heal? Well, the body is a chemical laboratory,

and the action of the chemicals in the physical battery is constantly producing currents that are finer and more potent than the crude product evolved from external nature. Is the human magnetism valuable in the cure of diseased conditions? It most certainly is, for the physical organism cannot exist without a plentiful supply of vital magnetic force. The physical atoms but float in these currents, and are carried hither and thither as subjects of their attractive power. They group themselves around centers of force and intelligence to form the various organs of the body, as the iron filings group themselves in circles in the magnetic field of a horse-shoe magnet.

Can the vibrations of the X-ray dissolve abnormal growths from the flesh? Then the soul can also free its body of false growths, for it is a master hand at producing vibrations more powerful than those of the X-ray machine.

Let the soul awaken and express through the whole body. The body exists for the use of the soul and should not try to live a separate existence of its own, apart from the soul. Let the soul have its body as its own; then, as the soul finds free, joyous expression through its human organization, it will gather the necessary elements from the food, earth, and air for the healing and reconstruction of every part. It will fill its body with the vitality of God, for the soul is a native of eternal Life, and on familiar terms with God, the Great Physician.

The soul will generate a brain full of faith in its own unlimited power, and a body full of

thought force that will sway every energy and organ and atom to the expression of its intelligent will.

The soul is the real Self, the true individual that is the very form and likeness of God. Surrender to your souls, O mortals, and you will see the mighty Conqueror come. Then the soul will say:

“ I am come that ye might have life, and have it more abundantly.

I am the way, the truth and the life.

I and my Father are one.

He that hath seen me hath seen the Father.”

The soul must be resurrected, else there is no hope of permanent health or the attainment of perfection.

The diseased part may be rubbed and pinched and magnetized and electrified and exercised if it will help to bring back the circulation of life, but, above all, it must be blessed and talked to and infused with soul force before the healing and saving power will manifest perfectly. It matters not how badly paralyzed a limb may be, if you can call the soul to live in the weakened parts, there will be a return of health and satisfying vitality, for lo! the soul is the resurrection and the life everlasting.

Let your soul speak these potent words, for the words of Jesus are voiced by each soul as it comes into manifestation:

“ I proceeded forth and came from God, neither came I of myself, but He sent Me.

This is the work of God, that ye might believe on Him whom He hath sent.

I am the bread of life; he that cometh to Me shall never hunger, and he that believeth on Me shall never thirst.

For I came down from heaven not to do my own will, but the will of Him that sent Me.

Whoso eateth my flesh and drinketh my blood (the thoughts and affections of the soul) hath eternal life: and I will raise him up at the last day.

As the living Father hath sent Me, and I live by the Father, so he that eateth Me, even he shall live by Me.

It is the Spirit that quickeneth; the flesh profiteth nothing.

The words that I speak unto you, they are spirit and they are life.

He that believeth on Me, out of his interior shall flow rivers of living water.

If a man keep my sayings, he shall never see death. (He shall realize the eternal consciousness of the soul while yet in the flesh.)

Before Abraham was I Am."



THE TRUE WAY

THERE is but one manner of life on this plane that will bring satisfaction to the soul and enable it to express its powers in an ever-ascending degree through its physical temple, and that is the devotional life. The life that is entirely consecrated and devoted to the God of love and truth keeps the door open for the entrance of his inspiring Presence. Such a life fulfills all the divine laws, and the soul attains, while incarnate, a greater growth and expression of its powers and gains from its earthly experience a power and wisdom that make it a Godlike being in the realms of eternal life and bliss.

You need to keep your mind open toward the God of heaven by speaking with intensity and devotion the word of exalted truth to all parts of your mind and body. It is the intense devotion and love of the whole nature turned in one direction that polarize the Presence and Power of Eternal Truth. Rouse up your spiritual powers by using these statements daily:

My soul is awakened and illuminated by the presence and power of Jesus Jehovah. My soul is glorified by the light and glory that transfigured the living Christ.

My soul is radiant with the everlasting power

of God, and I am satisfied to express this power from day to day.

My soul is regenerating harmoniously, peacefully and satisfactorily. His mighty Glory folds me round and holds me in eternal peace.

The eternal Power is with me. The eternal Presence is guiding me in the path of wisdom and peace.

The illuminating life of the Christ is born within my soul and all my nature rejoices with glad praise and thanksgiving that the Lord of heaven and earth has taken up his abode within His holy temple. The Lord is IN His holy temple; let all the earth keep silence before him.

Glory to God in the highest, Peace on earth, Good-will toward men.



YE ARE SLUMBERING GODS!

THE essential attributes of Elohim are organized in your individual soul. The Father has organized his omniscient love into a glowing sun of light and power, and this divine ego is your soul, your true Self, the Lord of your mind and body.

The living Pearl of Divinity is the Presence of God within your nature. You can well afford to sell all your accumulations of earthly thought, even though it seem a great sacrifice, in order to attain to conscious possession of this Pearl of great price.

This divine individual of God, this Christ within, is slumbering in the spiritual depths of your being, awaiting the quickening word to arouse its mighty consciousness into spiritual activity and power.

"Know ye not that ye are the temple of the living God,

And the Spirit of God dwelleth within you?"

Spiritualize your mind and body, or your positive and negative mind, with the radiance of the Father's presence by prayerful devotion to the Lord of souls, for thus you will polarize to yourself the spiritual emanations from the Soul of God, which will surround and infuse your soul with heavenly life and strength, and awaken it again to a realization of its mighty possibilities as a living son of God.

In fervent devotion of spirit pour out your prayers and praises to the Great Glory that is the sum of almighty within and above your soul being, and thereby you will generate the quickening flame that will set your soul on fire with conscious, blissful power.

Only in the zeal and purity of a devotional life, of a mind and body purified of earthly thoughts and desires and living to fulfill the purpose of the soul, which is the will of God, can the soul develop, expand its immortal potentialities, and make God manifest in the flesh.

Unless you are living for your soul, you have not learned to live; the great meaning and purpose of life are to you as a book that has not been opened. You are conscious in only the lowest and dreariest zone of your consciousness. All the blissful pleasures of the higher states of thought and feeling in your being, the joyous mingling of the positive and negative attributes of your spiritual nature, are hidden from you. The doors of heaven, through which streams the light of eternal consciousness, seem closed, and you seek for pleasure and peace where none are to be found.

Turn you to the Light that never fails, to the Love that is longing to enfold you in conscious bliss; turn from your idols of flesh, which intoxicate the mind and destroy the body; turn to the Lord your God! If you will worship Him with the same untiring zeal with which you sought transient things, He will reward you with his unchanging Love, and your soul will awaken to im-



mortal Life; and then with your help it will purify and glorify the sacred centers in your body and teach you the secret of spiritual alchemy, whereby the conserved forces of your body pass through a transmutation that refines them into a substance necessary to the soul in the expression of the Word of Power.

This knowledge will be useless to you unless you have proven your sincerity by overcoming the lusts of the flesh and conquering all attractions that would draw you from your devotion to your divine purpose of making God manifest. For without absolute purity of life, the soul, which has its birth from the immaculate purity of the divine nature, cannot keep in correspondence with the flesh, because of the partition of impure thoughts and feelings. But when your will, coupled with the awakened will of your soul, has gained complete dominion over the desires of the flesh, your soul will express through your pure, true thought, and flood the six sacred centers in your body with its soul consciousness. Then will you become conscious of the immortality of the Sons of God, even in the most negative degree of your nature.

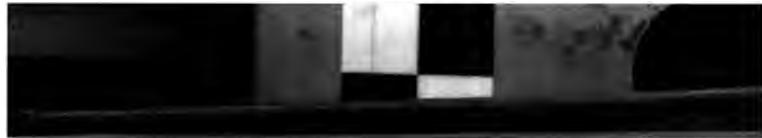
These six sacred centers may be called, because of their inner and outer functions, the twelve doors of regeneration, for it is through these doors that the victorious soul — in the consciousness of Christ, and one with Him in the work of the Father — enters into conscious expression as the son of man.

Oh, that all children of the Father might learn

of the holy path of regeneration — this straight and narrow path — which leads to the highest mastery, and gives the greatest joy and peace to the devotee.

When once you see this path of immortality, its purity, its grace, and its bliss, you will be filled with a divine enthusiasm to travel it to the supreme goal, and you will see the uselessness of all mortal aims that do not help you to fulfill the object of your soul's incarnation — the manifestation in form and power of the Word of God. Once you place your feet on this path you will go forward steadily in the progressive way, allowing no obstacle to hinder your determination, nor any idea of time to disturb your faith; for you will be filled with the conviction that you are in the Path of Life, and only by systematic effort for days, months, and years can you fulfill the object of your being.

When all thoughts and desires of your nature are polarized toward the realization of the highest ideal, even the loss of the physical counterpart of the mind — the body — will not stop your upward progression through the aeons of eternity. Your soul will continue to inhabit its pure mind-body or spirit form, and, like the resurrected Jesus, it will continue the development and regeneration of its mental forces and the expression of its wisdom and power through its spiritual body in all its future progression in the objective realms of the universal heavens.



AWAKE, MY SOUL, AWAKE, AND CHRIST SHALL GIVE THEE LIGHT

"AND now, O Father, glorify Thou me with Thine own Self with the glory which I had with Thee before the world was."— John 17:5.

Your divine soul nature as a son of God lived in the heavens with the Father previous to taking up a physical form—"before the world was."

Just as you would go to Europe or to any part of the world for the sake of gaining knowledge; just as pioneers have braved the dangers of a savage and undeveloped country; just as missionaries sacrifice home for the sake of doing good to an unknown people, so your soul of its own free will and choice left its heavenly home, where all was light and joy, for the experience to be gained in this world of ignorance, for the development of its latent powers, for the good it might do others. In due time it will return to its "mansion in the skies" and rejoice in a fuller and mightier realization of God from having sensed and conquered the more negative conditions of time and space.

You, as a personality, do not recall the past because your personality did not then exist; your limited personal memory is the result of present experience; your personality is from below, your individuality is from above. Your personality is the image and likeness of mortal parents; your

soul individuality is the image and likeness of God. "The first man is of the earth earthy, the second man is the Lord from heaven." Your divine soul slumbers because of the darkness and materiality of mortal mind. But you, like Jesus, may awaken your soul to its former realization of power and dominion. "If the Spirit of God dwell in you. . . . If Christ be in you. . . . If the Spirit of Him that raised up Jesus from the dead dwell in you, He that raised Christ from the dead shall also quicken your mortal bodies by his Spirit that dwelleth in you."—Romans 8:9, 10, 11.

Recognize and talk to your soul in the following manner, and its latent powers will respond to your recognition and love. There is an exalted power in these statements which you will feel as you repeat them over and over.

"Awake, my soul, stretch every nerve
And press with vigor on.
A heavenly race demands thy zeal,
And an immortal crown."

Awake, my soul, and feel the power of heaven that slumbers in thee.

Awake, and realize that thou art one with the power of God. Awake, and realize that thou art the angel of his Presence.

Thou, my soul, art a magnet for the healing power of the angels. Thou art a conscious power, able to draw on the protecting power of heaven.



Together we draw on the mighty Spirit of Jesus Jehovah to be our shield and buckler, our strength and protection.

My soul, thou art able to call to our aid the triumphant Master of Heaven. Thou art able to pray for the mystic protection of heaven.

My soul, I praise the mighty Spirit of God within thee. Recall thy power of the divine past, and rouse up thy power to dissolve from me all dark spirits of earth. We are strong with the strength of almighty God. We speak the word of power that dissolves away all disturbing mental elements.

We are strong with the strength of eternal life, and we can conquer even death. We now realize our victory over every negative condition. We now realize physical, mental, and soul strength in the name of Jesus Jehovah.

"Father, glorify thy Son, that thy Son also may glorify Thee."

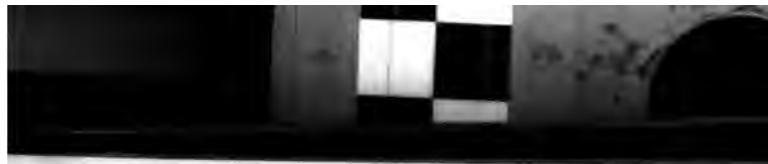


SOUL DEVELOPMENT

SOUL development is accomplished by furnishing the soul with a mind of spiritual thought power; by building for the soul, which is a globule of radiant life and intelligence, a perfect mental battery, with a positive and negative pole sufficiently strong and intelligent to allow the powers of the soul to come into manifestation. This cannot be accomplished in a day, nor fully even in a year, but is a progressive development through educational growth.

If a strong soul should suddenly awaken to anything like the state of self-consciousness that it realized prior to incarnation, the quick transformation could not be borne by the mind and body; there would be such a disturbance of equilibrium as to cause a separation between the soul and the body. Therefore, each soul awakening must be followed by such soul expression as will tune the mind and body to a more intense vibration of spiritual force, before the human nature is prepared for another endowment of power from "on high."

The first step toward soul expression is to dissolve the erroneous beliefs of the race from the mind, the beliefs of mortal mind in an evil power or presence, which keep the mind in a negative and powerless condition; and the second step is



to establish a body of faith, through an understanding of the powerful presence of Truth and Intelligence.

The negative conditions of individuals result from lack of mental development in the right direction; from lack of true faith. There is a positiveness above the strength of mortal mind, in the faith generated from the Mind of God. True faith is formulated from true thinking, and is a positively intelligent mental force capable of cultivation to that degree of power where it will overcome every negative condition of mind, subjective or objective.

The soul is Divine Spirit individualized. Thought is the vehicle of Spirit. Thoughts of truth and love are spiritual vibrations embodying the intelligence and power of the soul. The soul can find conscious expression only through thoughts akin to its own nature, therefore such time as is spent in meditation on the I Am, affirming truths of the soul, is wisely spent, and develops a mental body of such positive intelligence as will allow the soul consciousness to come into objective expression. This spiritual study and affirmation develop a positive pole for the soul battery, and through this positive pole the soul will gradually control its negative pole of mind — the body — and bring every negative tendency of the sense mind into subjection to its wise dominion.

Everything is the intelligence of God in higher or lower degrees of expression. Everywhere is the potential Presence full of illumination and healing mercy. All is Good. Take away the

names which make all things seem commonplace, and we lose our mortal concept of them and are face to face with an indefinable, intelligent force, the visibility of the All-Substance, in which are latent unlimited possibilities ready to yield obedience to any idea that the man of God chooses to formulate.

The great consciousness that "All is Good" is in our souls awaiting realization. Constantly affirming "All is Good" is one method of polarizing mind and brain cells from their weak and negative condition to that state where they can become the body of that mighty spiritual idea — the soul.

God is an inconceivable Power right with us, in our thoughts and in our bodies, ready to formulate in our faith in any way that we may *think*. We are surrounded by the omnipotent Power day and night, and we have only to use our thought and will to bring this miraculous Power into expression.

Our thoughts are living cups which, when rightly formed, become receptacles for the wine of the Spirit. When the thoughts are pure and good they are filled with divine intelligence and unite us with the omniscience of the God-Mind, giving us to know without effort the mysteries of Godliness.

* Thought is the current that circulates between the positive Mind of God and the negative

* The words "thought" and "thought-power" are used in this and other places to embrace the idea of feeling, as there is no word to express thought and feeling in one.

mind of humanity. Through thought the positive Mind acts upon the negative mind. The thought of God is the Holy Spirit. Only through thought can God be made known to man. Man can express as much of God as he can generate by thought and feeling, for unless a man thinks positive thoughts of truth and responds to divine emotions there is no direct connection between his mind and the Mind of God. God is within the soul, and the soul is a form of God that has grown to its present strength and wisdom through thinking, feeling, and expressing the God power latent within. And it is only by constant, devoted thought that the soul can build itself a temple of thought within the flesh and express what it knows of God for the benefit of fellow souls.

Souls are hindered in their growth and development by the darkness and materiality of mortal existence. But the soul contains an individualized power of dominion gained from experience in past lives on earth and in heaven, and the spell of materiality can be broken, allowing the powers of the spiritual nature to express in even greater degree than ever before.

It is necessary in soul development for students to set aside part of the time, when they will be free from all interference, either in a room apart, or close to nature and nature's God. Then material work and plans and all thought of material things should be put aside, and the whole mind given to deep study — not in extended reading, but in application to the lessons and thoughts that are conducive to development of spiritual char-



acter and dominion. Then the angelic visitants from the immortal spheres will be attracted to the devotee; they will touch the magical springs of the soul life as only awakened souls can, and bring from the Holy One the emanations that will satisfy the mind with the peace of eternity and quicken the soul to a new consciousness of its power as an expression of the heavenly Father. The manifestors of the Almighty Good will come to those who make and keep themselves positive with faith in the power of Elohim — omnipresent and omnipotent Love — and weave the ethereal potency of the Holy Presence into their aspiring natures.

All Praise to Elohim!



THE GLOBE OF GLORY

THE Egyptians had a true conception of the soul, for their symbol of the soul was a winged globe. A true conception of the soul and of the triune nature of man is necessary as a foundation for divine growth and unfoldment. Man has a soul related to the soul-nature of God, a mind related to the mind of God, and a body through which he expresses in the external nature of God; thus he is a perfect image of the nature of God.

Imagine a globe of glory, a living sphere of intelligent light organized from the omniscience of God, and you have an idea of your soul in its awakened state. This soul globule is intelligent with the wisdom of God, alive with the vitality of God, and nothing less than a radiant form of his pure glory. God is the Mother and Father of the soul. Each soul is a son (sun) of God — a Christ. Your soul is God manifesting — your lord and redeemer.

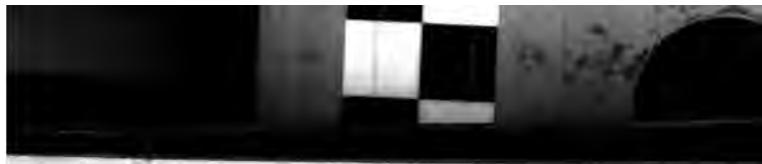
“The Lord said unto my Lord: Sit thou at my right hand, until I make thine enemies thy footstool” — Psalms 110:1.

In this scriptural passage the Father speaks to the individual soul, or lord of the body, telling it to sit on the right side, the true side, the positive side, that it may realize the power to overcome all things.

Your soul is a stranger to you and you have no realization of its godlike powers and attributes. When great emotions have been quickened in you by beautiful music, or you have been overwhelmed by a great joy, then your soul has been stirred a little and you have sensed its presence. He who knows his soul and obeys its will lives in an ecstasy of divine realization; heaven lives in him now.

It is a common idea that the mind is only in the brain, but the truth is that the mind is a body of mental force, just as the physical organism is a body of physical force. The mind-body is the residence of all life, sensation, and memory, for it is the essence and cause of the physical body. At the dissolution of the body, the spiritual or mind-body, which has held the flesh in form, floats free from the physical body; and as this mind-body is the sum of all knowledge, memory and volition of the personality, it can be readily seen that a person feels, sees and acts just the same in the spiritual body as in the physical, with the difference that he is not limited by the weight and grossness of the physical form. Imagine your body so light that it could float through space and be propelled in any direction by the action of your will, and you will have a perfect idea of your mind-body or spiritual form in which you will find yourself when you lay aside your cumbrous but useful physical instrument.

You are in this spirit form now, and this spirit form is your personal self, but being infused into your flesh, you are so strongly identified with it that you think your fleshy body is you. When you



enter the spiritual world to begin a larger experience, you will be astonished to find how complete you are. I can tell you these things because, under the directions of the Masters from the celestial sphere, I have gained the power to lay my body down and take it up at will, that I might be free to enter the heavenly worlds and gain a knowledge of truth which would be of great benefit to humanity.

The physical body, the spiritual body, and the soul body are each on a different plane of being. To illustrate: A person in the flesh, a decarnate spirit, and a celestial being may all be in the same room, and the mortal may not see the spirit or the celestial soul, and the spirit may not see the being from a higher or more interior state of existence; but the highest evolved being of the three may see both the unawakened spirit and the unawakened mortal. Each person is a spiritual entity, and has potential within him the soul of a god, and yet may not be cognizant of it. True knowledge uncovers the mysteries that have veiled the divine constitution of man, and enables man to know that there is One within him who is the resurrection and the life everlasting.

Jesus was awake to his soul being, and realized as every one must realize sometime, somewhere, that He was one with the Father, and a manifestation of the Presence of the Father. Your soul, if it were awake, could say of itself with equal truth all that Jesus said of Himself.

The soul is the life of both the physical and spiritual bodies. Under present conditions the

soul does not express much of its divine life or power through the body, but the education is being spread broadcast which will awaken the souls of humanity, and cause them to express more and more of heavenly grace.

True spiritual knowledge is imparted to spirits as they rise free from earthly impediments, with the result that in time the soul awakens to the memories of past lives, and the experience of its last incarnation is blended with all the knowledge gained during its progress in the past.

When that glorious state is reached where the soul realizes itself one with God and awake to the delights of ages of experience and effort, where it can review all its manifestations and see the reason for all things, it will no longer need to appear in any particular form as it did on earth, unless it wishes to manifest in the lower spiritual worlds in a form recognizable to some one who knew its personality.

The soul in its own estate needs not hands with which to feel nor eyes with which to see, for it is all sensation and all sight — an omniscient form of the God-Mind. Soul with soul can commune by a blending of spheres, which conveys with the rapidity of thought all that one wishes to impart to another. In the God-Mind the soul may blend with the spheres of angels and archangels existing in the Sea of Divinity, whose blissful wisdom vibrates through all spheres out into the boundless expanse of immortal worlds.

Even while we are living in the body our soul may be awakened to the joys of the past through

divine instruction, and we may sense the thrill of the divine vibrations as the emanations of holy souls come to us laden with celestial inspiration.

When the soul desires to incarnate, this globe of light and love descends from ethereal realms, and by identifying itself with the fetus, it quickens the infant form with individual life. The soul becomes a potential power within the tiny infant form, and gradually develops for itself a new brain and new faculties for physical expression.

When the child is about twelve years of age, the soul may begin to express somewhat of its own individuality, but it is a spiritual entity and can truly express itself only through a mind educated in spiritual truths. In the majority of cases the mind is developed and expanded with earthly knowledge, but the things that pertain to the soul are not considered of practical use; so instead of being stimulated with love and blessings, the soul more often is covered over with condemnation and false beliefs that close up all the mental avenues through which its power and beauty would shine forth. Thus the living Christ of each one is crucified by the ignorance of the world.

“ Though Christ a thousand times and more
In Bethlehem’s stall be born,
If He’s not born within thyself,
Thy soul is still forlorn.”

You can fill your mind with heavenly knowledge, and the memories of heaven and its joys will awaken within your soul, so that you will be

a radiant center of living joy. You can bless every one and everything with the love that springs up within your soul from God as you begin to realize that you are the love of God expressing. The rainbow tints of light will illuminate your soul, and your mind will grow more luminous day by day, until your presence will dissolve all fear and pain and fill with celestial gladness the sleeping souls of mortals, so that they will be quickened, and, after a time, awakened to live in the full glory in which you live.

And as the divine germ of Omnipotence in you develops and expands, you will feel more and more godlike until your whole life becomes a song of praise to the indwelling glory of Jehovah-Nissi, your self-existent Victory.

Glorious, most glorious, to the eye of the soul are those transcendent beings who inhabit the celestial sphere of the Christ. Each one is a Globe of Glory, radiant as a living Sun with the light and heat of God's eternal love and wisdom; but loveliest of all is the transcendent grace of that mightiest monarch of souls, the Sun of Righteousness, Jesus Christ. The combination of all the mighty souls who have evolved through ages of time to the most sublime degree of unfoldment, forms the central nucleus in the universal soul of God, and from this glorious sphere of light and love these angels and archangels send out the emanations of the God power to the farthest extremes of God's universe, to quicken and awaken the mighty germ that lies slumbering in the being of each individual.

Think of Jesus on the mount being transfigured by the glory of his own awakened soul:

"The awful glory of that day
When all the Father's brightness shone
Through manhood's veil of clay."

Then bring to yourself the realization of the same quickening power by thinking of the globe of glory within you, which is your own individualized soul power. Hold the words: GLORY, GLORY, GLORY, and inbreathe into your own soul the Glory of the Master-Soul as you commune with Him in the silence. Think of his Glory as living, loving Intelligence. After a little practice you will sense the emanations of his Holy Presence that are imparted by the angelic hosts to every soul who will place itself in the proper attitude to receive the Holy Spirit.

"We all, with open interior
Beholding as in a mirror the Glory of the Lord,
Are changed into the same image
From glory to glory,
Even as by the Spirit of the Lord."



THUS SPEAKS THE LIVING SOUL

I am an immortal Son of God.

I live in endless Splendor.

I breathe the Spirit of Eternity.

I see with Omniscient Eye.

I know that All is Good.

I am radiant with Omnipotent Love.

I am the Resurrection, and the Life Everlasting.

I and my Father are One.



HOW TO REALIZE GOD

O blessedness all bliss above,
When Thy pure fires prevail!
Love only teaches what is love;
All other lessons fail.
We learn its name, but not its powers;
Experience only makes it ours.

— *Guyon.*

PHILOSOPHY is very interesting to the intellect, but it does not satisfy the heart. Science reveals the working of the laws of God's nature, but the secret of his Presence is not discerned. Music is the most uplifting and inspiring of the arts; it moves our souls and often makes us feel what science and philosophy cannot explain. Music attunes us to the Spirit, and causes us to feel the deep pulsations of the soul nature.

God is Love, the great emotion of life, the supreme motion that imparts life and activity to all things.

To know this is to understand the essential truth of Being; but the mere intellectual apprehension of this truth will not satisfy the heart, nor fill the life with the bliss of the Divine Being. Nor will mental acceptance of the truth that God is love impart the divine motion, his transforming emotion to the feelings, so that one is forever after a

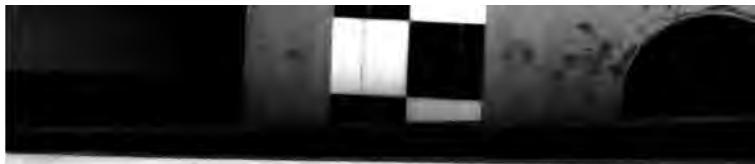
new being, filled with the joyous health and happiness of the Spirit of Love.

God is love, and love does not flow into the intellect; love enters the feelings and affections and inspires all the emotions of the heart. The intellect has its use in the development of a rational faith; the intellect sees the light of God's presence, but the heart feels the ecstasy of divine realization. The true way to realization is so simple that many, after hearing of it, consider it of so little importance that they continue to search among the complex fabrications of philosophy for the joy which comes only through the awakened emotions of the heart.

The difference between mortal love and the love of God is this: Mortal love is personal and thus limited in its pleasure, and often causes pain because it is selfish. Immortal love transcends all personal limitations; it is impersonal and unlimited in its joy-giving power. Personal love feels for a few; the love of God feels for all.

If you would realize God, LOVE! If you can awaken your love nature, and, without thought of recompense, pour yourself out as a blessing for others, you will forget the petty vexations that spring from the limitations of your personality; you will forget yourself in the supreme joy of loving; you will realize the love for others which is God.

Behold! an angel stands before you! He is all radiant with the glory of the Father's Presence. His face shines with the realization of the beauty of holiness; every feature expresses the



purity, the tenderness, and the nobility of Divine Love personified. His presence breathes out the music of love, the harmony of heaven. His whole being vibrates with the light of God. Even his garments are luminous with the joyous radiance that proceeds from his soul. You see the image of God's likeness — of Love — and your soul is enraptured with the vision of divine loveliness, as it feels the benediction of love streaming from the angelic character.

That angel in all his beauty, in all his power, is the realization of the Spirit of Divinity, is the visibility of God — Love expressing through an individual form. And that angel expresses the possibilities of your real Self, your soul, the image and likeness of God. Within your soul are the attributes of Divinity, the powers and possibilities of the mightiest archangel.

Let your soul express and you will realize that you are the angel of his Presence. When you walk the streets and mingle with the people, keep in mind the truth that you are that beautiful angel radiant with joyous love to all creatures, and you will find a new joy in life; you will feel that the kingdom of heaven is now a divine verity, and you will allow the truth which makes the kingdom harmonious and perfect — the truth of love — to manifest through your character.

I have read of a number of nuns, who, living in retirement from the world, passed their whole time praying for and blessing humanity. Those who had caught a glimpse of them said it was evident to the sight that they lived in the joy of

heaven, for their faces were transformed with the wonderful beauty of expressing souls.

Not by breathing exercises, not by mental gymnastics, but by expressing love will you realize God.

I have walked among people in the realization that I existed but to impart the joyous light of love to ignorance-darkened souls, and while radiating a blessing to these souls in need, I have felt my soul thrilled with the Holy Spirit; I have felt the love of God for humanity, and to feel that is to feel what Christ felt, the Spirit of Mercy, which endowed him with wisdom and healing power. While listening to music I have held myself in this attitude of mind: "I am Thy love to all souls. I am the angel of Thy presence illuminating all souls with the wisdom of love," and so great became the ecstasy of my soul that I felt like crying out for joy. The wonderful Breath of the Spirit became so mighty in its deep, mysterious movements through my being that I could scarcely contain myself.

Those who are unawakened conceive of God as a profound stillness; their idea of peace is a state of inactivity. But there is no stillness anywhere. Only in the realm of matter is there any degree of inactivity, and matter is only relatively inactive in comparison with the more refined activities of mind. As we enter the deeper nature of man the activity as well as the complexity of active forces increases, and culminates in the Spirit of the soul, which is the breath or motion of Omnipotence, the emotion which is Love.

There are two movements of the love nature, love for God, and love for the neighbor. All religious systems have developed God lovers — devotees who became infatuated with the divine ideal as manifested through an individual — and many of these have spent their lives in ecstasies of devotion. They wedded themselves to the teacher or savior, who to them was God personified, and poured out their thoughts in the extravagant language of the lover to his beloved. Jesus revealed the harmonious balance; through intense devotion He realized the love of God and then poured it out in sympathy and compassion for the alleviation of suffering. He expressed the way, the truth, and the very life of the Father in his own personality. God becomes real in the character of the Christ. We see how God feels and acts toward us. Many cannot get a realization of the Father's love except through looking to the Christ as an example. Oh, how few realize the wonder of his Presence, the merciful act of his soul in sacrificing the bliss of highest heaven, for the sake of revealing the way to the Father's love, that human souls might be saved from walking in the path of pain and defeat. Only a God could be so forgetful of self; only love in its purity and power could will to accomplish so great a mercy.

The mightiest archangel visited this planet on a mission of mercy! The Spirit of Infinite Love was able to speak to humanity through the highly developed and fully awakened soul of Jesus. God talked to the souls walking in the valley of ignorance, and tried to tell them the healing truth,

the saving truth, the inspiring truth that they were His own immortal sons; that within their natures slumbered the possibilities and powers of gods; that they were immortal seeds of God's love sown in the earth, and from this sowing God would reap a harvest of living, conscious souls.

If mortals could but see the beauty of this truth, the goodness of all that exists in the infinite nature, they would live to love and praise; they would rejoice in their power of love and become radiant blessings of love to each other.

You have no idea of the spiritual power that you may realize by the exercise of the spirit of Love towards others. You must begin sometime if you wish ever to enter the kingdom of Love. Death will not translate you into the kingdom of loveliness, if you are unlovely in character. Neither will death plunge you into any greater misery than you now realize. It will tend to free you from many false beliefs and set you to searching for the way which you should have found while in the flesh; but if you have not cultivated the expression of soul love, neither God nor angel can transform your feelings at once so that you can appreciate an atmosphere of beauty and refinement in the society of immortal souls of love and wisdom.

But why wait for death? Embrace the opportunities that present themselves in the eternal Now. Now shed that love and compassion which covers and conquers all things, for you will never walk the same path twice, and an opportunity neglected is lost forever.

Begin with the lowliest creatures of earth. Think of the tiny forms of life inhabiting the blades of grass, living under the stones, swimming through the water, and filling the woods with a murmuring music that chants the praises of universal life. Every one of these tiny creatures is an organization of mental energy individualizing the universal Mind and Substance. The little minds within these beings do not die when the body decays; they continue to exist in the universal Mind. They reinhabit other forms, growing step by step from lower to higher forms, gaining intelligence and power through their endless evolution.

You can help on the evolution of these small minds. Think of the great length of time that must elapse before these little forms of mind shall have evolved to the place where they will be self-conscious as you and I are self-conscious. Do you not feel a sympathy with their active endeavors to gain and grow in intelligence? You can help them by blessing them with your love and intelligence. When you bless a butterfly, for instance, the whole race of butterflies feels the waves of force which proceed from your mind, and their minds are strengthened by the influx. So you, with your more highly developed powers of soul and mind, can aid every creature in existence. God loves, and embraces all creatures in his love. If you would realize God you must enlarge your love to feel as God feels. In universal Love there cannot be any condemnation for anything. Love has no enemies.



Bless all things in the mineral, vegetable, and animal kingdoms; then you will feel more inspired with love for humankind.

Think of the myriads who are suffering physical pain and mental anguish for lack of the love which would quicken the healing power within their souls and give them peace. Believe, when you send out your blessing of love to them, that your love will set their souls to vibrating; that they will feel the blessing and lift up their hearts in praise to the Father, who has inspired your thought and feeling with his healing peace. Do this in his Name, for Love's sake, and you will be warmed and healed by the love you shed abroad.

You will learn from this practice how to start the mighty stream of love to flowing, and once you have it started you can direct it into any part of your own organism in need of its life-giving and transforming power. It will start as a little trickling rivulet, but as you encourage its expression it will wash from your mind the obstacles to its progress as it flows outward through your nature. It will wash away the mud and melt away the granite in your mind; it will become a rushing torrent of spiritual energy that will convert all the streams of your thought and feeling into one mighty motive of divine purpose, which will link your will and all the forces of your nature to the omnipotent purpose of God, and allow his love-power to manifest through you.

This is the goal toward which evolution is pushing you. This is the supreme attainment of divine unity with Elohim. This is the way to realize and manifest the love which is God.



REALIZATION

THESE affirmations, when made in the proper spirit, will awaken the feeling of divine love and develop the presence of God within you.

I desire that the Spirit of Christ shall radiate through my soul, mind, and body for the inspiration of humanity.

I am a radiant center of soul life to all my world.

I am an impersonal lover of humanity. From my soul flows the fountain of impartial and impersonal love to all the children of the Father.

With true understanding I behold the immortal soul of each individual as a quenchless spark of Divinity, and to these immortals, clothed in the deceptive garb of mortal personality, I give my spirit of living love.

I am a soul-sun of love and wisdom to all human kind. I bless the good and the bad, knowing that all are children of the Father, in process of evolution.

My soul loves to feel that it is a strength and comfort to all souls.

My soul loves to feel that it is fulfilling the work of the Christ in strengthening the poor in spirit.

Now am I one with the Father and with all ex-

alted souls in heaven, and now the radiations of my love and light reach out to all souls incarnate, uplifting and inspiring all within my sphere of influence.

I am a link in a chain of souls uniting Elohim with the lowest states of life, and through my love for all life I have an omnipresent influence for good.

I praise and bless the evolving life in the mineral and vegetable kingdoms of nature, and in response to my recognition and blessing, a wave of omnipresent vitality comes flowing back to me.

I recognize and bless the intelligence of God that is striving to manifest throughout the animal kingdom.

I bless the lowly ones in human form who have not yet realized the omnipresence of God. I bless them with the quickening light of eternal life.

My words and thoughts of blessing clothe the spiritual light in vibrant, substantial form, enabling the light of God to reach the lowest depths of mortal mind.

My thoughts of truth shall be living, quickening seeds of immortal life, sown in mortal minds; in God's good time they will bear fruit and lead minds to the Sun of Righteousness.

I am a mighty magnet radiant with the attractive power of the Christ love and compassion, that continually draws souls to the immortal Christ.

My life and mind and soul shall serve and praise the immortal Jesus Jehovah whose Spirit has led me into the path of everlasting bliss.



DO UNTO OTHERS AS YOU WOULD BE DONE BY

THE true philosophy of life revives the Christ healing power. It is alive with healing energy. The same mighty Spirit of Love that healed through Jesus is willing and able to heal the sick now, if the mental conditions of faith and expectancy are aroused.

Every morning and evening pour out your blessings of healing love upon those who are reading truth in expectation of healing. Even though you are sick, do this in his Love, and you will become one with the healing currents from the spiritual worlds, and you will feel uplifted, inspired, and healed by the Spirit of Love which unites all blessings into a great battery of healing power. It will grow stronger as greater numbers coöperate in sending out the healing thought. Wonderful will be the results!

Almost miraculous have been some of the results already. The angel worlds stand ready to pour down their blessings and power upon us. They are but waiting for us to open the door of our hearts and start the current to flowing. The Holy Spirit will enter the current of our loving thoughts and inspire us with its healing Power. Remember that the Immortal Christ, mightier than ever in his individual healing power, is wait-

ing at the door of your heart, desiring to express his love, through the medium of your affections, to souls living in the mind of the world. With his glorified Presence of love in mind, pour out your thoughts and feelings toward others who, like yourself, are looking for healing.

You do not need a fixed thought, as your feelings will form thoughts of blessing, but this thought will help you to understand how to begin. "I bless all who are sick with the healing love of Jesus Jehovah, whose Spirit is the life of my soul." You will become all aglow with healing love. You will develop the capacity to realize heavenly feelings. Joy, such as you have never before realized, will gladden your heart and enlighten your soul. God will become real to you. What a transforming power this practice, long continued by many devoted souls, will bring into the currents of the world mind!

God is almighty in his own state of Love. But only as mortals in negative states of life realize the Love of God does Love gain power in the lower strata of mortal existence and influence human society. Therefore every heart that pours out the love of God toward humanity helps to increase the power of God with mortals, and becomes a fulcrum upon which God can rest his lever in lifting mankind out of their state of ignorance and misery.

I know you will get wonderful realizations from this practice, because I have my own experience and many letters from those who are expressing their soul-love in this way, to confirm what I say.



ORGANIZATION

IN the beginning was Organizing Power. Through the process of organization infinite Life took form as God's universal nature. Without the law and process of organization there could be no form of any kind.

Whenever the Spirit of God has anything to accomplish, an organization of atoms, of forces, of individuals, or of souls is evolved for its accomplishment. Even the atom is held by modern science to be an organization composed of a nucleus surrounded by a large or small number of electrons. Thus the atom is composed of a central spark of force with a number of smaller particles of force surrounding it. Atoms are aggregated together to build every variety of form in existence. The solar system is but an atom greatly magnified. Every force, material or spiritual, evolves a suitable organization for its expression and manifestation.

If, in the early history of the planet, atoms had not begun to *organize* and build forms the human form would never have been produced; the human body is the most perfect organization that nature has yet evolved.

The Law of Organization is not limited to this material world. It is the forming power of the spiritual worlds. We see an intelligent power

working to organize atoms into forms for the expression of various qualities, and we see the same law working through human intelligence to draw together minds of like motive and thought for the fulfilling of ideals. What we see nature doing apparently in a blind way, and what we see human beings doing lamely, we may be sure more spiritualized nature and more spiritual beings are doing according to the greater wisdom and freer expression of power that pertains to higher states and beings.

Around and above us there is a mighty organization of souls, of living, eternal beings, invisible to physical sight but nevertheless of great influence in the mind of the race. There is a supreme Head to this vast organization of souls, a central Soul of majesty and power whose being is the keynote of the whole. The triumphant soul of Jesus of Nazareth is the Lord of lords and King of kings. He is the true Master of souls, whether they be free or incarnate. He is the supreme organizer of souls.

As the planets are held by the attraction of the sun, or the little particles of electric energy are held by the central spark in the atom, so the sons of God, the souls of "just men made perfect," are attracted to that Soul who is the Sun of Righteousness, and with Him form the mightiest organization in existence.

All souls who have awakened to the consciousness of the Christ power, all who have realized God as the soul power of their being, and have gained dominion over material things and forces



by the exercise of that power, have, in the spiritual worlds, risen to the soul estate of gods, and live and work with Christ for the education and upliftment of humanity, both incarnate and de-carnate. They have realized in their own souls the mercy of God. They realize divine compassion for souls bound by the limitations of ignorance, and they work and pray unceasingly that the light may penetrate the darkness of mortal ignorance and dispel the gloom and sorrow which oppress humanity.

If there were only the mechanical law of reaping what we sow, we might never hope for freedom from the unceasing fruitage of mistaken thoughts and acts. We should be bound forever to reap all the evil thoughts that we had sowed in the Mind of the world. The seeds of past wrong thoughts would continually come to fruitage in discordant conditions of mind and body. The Hindus taught that souls are bound to the wheel of the law of cause and effect, bound by what they termed Karma. They deified Karma and gave it unlimited power, as the unenlightened Christians deified the Devil and made him almost equal with God; both were bound in slavish fear to their own ignorant beliefs. But we now have caught a gleam of heavenly truth. We now know that sin and sickness have no right to limit the soul's expression. We know that by faith in the goodness of truth, by exercise of our positive thoughts of truth, we may dissolve the evil seeds of past sowing and consume all their rank mental growths. By the mercy of divine Truth, by the grace of

Jesus Christ and his ministering host of angels, we are saved from the sins of ignorance; our souls realize their inherent, God-given dominion over all Karmic laws, over all mental causation, and are enthroned with Christ at the right hand of Power, in the realization of the omnipotence of the Cause of causes, the glorious truth of divine Love.

The beneficent light of heaven is poured into our souls by the ministering hosts of the Christ, and the slumbering soul spark within us is quickened; new aspirations are born, and we desire to know and feel higher ideals. The quenchless flame of love is kindled within our souls and our bodies become filled with and healed by the living glory of our immortal nature. To the age-long work of the Christ and his redeemed souls must all credit be given for the golden glory that now illuminates the Mind of the world, which is now as never before saving humanity from the dominion of sin, sickness, and death. The work that the Father gave Him to do, and which He started during his earthly incarnation, has grown in grace and power through the ages, especially in the spiritual realms — until now the hosts of heaven of every race and creed and color are marshaled for the glorious consummation of manifesting the kingdom of love and peace, health and prosperity, on earth as it is manifested in heaven.

With wondrous rapidity minds are awakening to the light of truth that is shed all about them. Souls are being kindled all over the world. Many voices in many tongues are telling of the healing, saving Spirit of Truth, and whenever the

full conditions are made the Spirit heals. Some have tried to gain a monopoly of the truth and claim all rights to its promulgation. Organizations cannot bind or limit the great Light that is flooding the earth. We need not fear that anything but good can come from any organization. Organization has been especially useful in overcoming the prejudice and ignorance of old creeds and superstitions, and as a protection for the pioneers of truth in the wilderness of ignorance against the world's savage resistance to truth.

"As many as are led by the Spirit of God, they become the Sons of God" radiant with the divine glory of love and wisdom individualized within the soul. They are led by the Spirit of peace and purity. They are fed constantly on supernal love and wisdom. Their souls glow with the substance divine, and they know their kingship as sons of Elohim. Even while incarnate they know the companionship of the immortal sons of God, ancient in wisdom and power. They love his name and keep his precepts, and the Christ Spirit of mercy and grace abides within and expresses from their souls, radiating from them to quicken and strengthen other souls. They are ministered unto by the holy angels, and in turn minister unto souls in need.

In the name and love of our Lord and Master — the Lord of hosts — we find the fulfillment of all the desires of our souls. In his Name comes the comforter — the Holy Spirit — through the ministering power of the holy angels, filling the

soul with love, the mind with wisdom, and the body with life and health; and even bringing into the life of the one who fulfills the divine law a prosperity which is unfailing.

Your soul is composed of the glory of God, of his radiant, divine substance, sparkling with conscious realization of endless life and love. Take this affirmation of praise into your mind and heart:

“Holy, Holy, Holy is the Lord of Hosts,
The whole earth is full of His Glory.”

Know that your soul is alive with the glory of God. Strive to realize that your earth (your body) is filled with his glory — the glory that radiates from the immaculate soul of Jesus Jehovah. He is the visibility of the Absolute God to your soul. He is the Door to eternal life, now. Draw his glory into your soul, for He is the resurrection and the life everlasting within your soul. His essence and substance are the life of your soul. The Christ Child slumbers within your virgin soul. Let the Spirit bring forth the immaculate conception within you, and His presence will fill your soul with immortal bliss, undying love. His glorious consciousness will grow so great within your soul that you will transcend the limitations of mortal knowing and will feel and know as the angels feel and know, with the full intuition of the omniscient Mind of God. You will partake of the manna of heaven. Your soul will be so thrilled and satisfied with the grand passion of its Lord — of love in the sublime de-



gree — that there will be no craving for mortal affection. You will be a radiant love power always giving love to souls, but never seeking it in return. The inexhaustible riches of Christ's love will be your satisfaction and eternal peace. "Ye are complete in Him."

PRAY WITHOUT CEASING

How is realization of the living Truth to be gained? By unceasing devotion to God through daily study of divine truth, daily prayer for more of the Spirit in heart and mind, united to mental affirmation of the love and wisdom and perfection in the soul.

You are in this world for no other purpose than the development and expression of your soul. Through fulfilling this necessity of your being you will find enduring rest and satisfaction, and in no other way. If you turn all your attention to earthly things and do not develop your immortal soul, when you leave this world you will not find enjoyment in the realms of light. As a spirit you will feel no attraction toward the realms where congregate the artists, musicians, scientists, or wise men of heaven. Unless while here you develop a love for divine wisdom and express love in helping others, the social life of the heavenly spheres will prove monotonous to you, because there is no happiness there any more than here except in the activity of the higher faculties of the mind and soul. So if your love is for earthly things and affairs, entirely, if your treasure is in this world, your heart will be here and you will remain in the atmosphere of earth as an earth-bound spirit, hovering about the marts of trade, the home, the

club, or the saloon — according to your quality — in an unsettled state of weary search for the peace which earth-life cannot give you. You may so strongly desire to be back in the ways of the world that you will be willing to lose your memory for a human life-time and become incarnate again in human form — just because you have no affinity for the higher, spiritual life. Neither God nor spirit will deter you from incarnating in a baby form and again going through this grade of Life's school, if you desire to do so. You may incarnate a number of times if you choose until you tire of earthly experiences or have accomplished the full measure of your desire through reincarnating.

Each one is a law unto himself in this respect. God leaves our wills free, and we are always free to choose any path of progression that suits us best. There is no compulsion but that of uneducated desire; no soul or spiritual being is compelled to reincarnate against its will or desire.

People in the world live and talk on the negative or nothing side of life. The frivolity and attractiveness of mortal life is not endowed with eternal life and joy. It is all transient and as far as we are concerned must come to an end. When minds live in the contemplation of material things apart from spiritual realities, they lose hold of their soul life and come to nothing — they die sooner than would be necessary if they kept in tune with the life of God, within and above the soul.

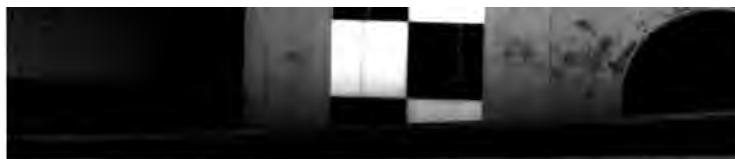
We need to magnetize our minds by daily contact with the central dynamo of Life in order to

partake of the divine vitality that will enable us to overcome sickness and premature death.

Forms die when they can no longer be made to serve the purpose of Life. Those who keep their conversation and their thoughts in the light of heaven become immortalized while here; they live in heaven while here, and when they tire of physical activities they lay aside their physical forms as they would lay aside a garment no longer of use. To them the physical and spiritual worlds have become blended into one great reality in which they live eternally, whether here or there as to visible presence.

New Thought students, in the discovery of the power of mental affirmation, are apt to under-estimate the value of prayer. This comes from a mistaken belief that the soul is all-sufficient in itself. The individual soul is as dependent upon God and the invisible inhabitants of the spiritual realms all about and above us for its sustenance, strength, and proper development as the personality is dependent upon mortal teachers and parents for its care and education, as well as upon the farm and the store for its supplies.

Some have a vague idea of God as a principle, capable of thinking without a mind, of acting without the use of form; a formless energy that is watching about everywhere ready to do every one a good turn without being asked. Remember that the law of cause and effect operates with the same undeviating exactitude in the spiritual realms as in this world. If you want to gain any effect, to heal a disease, to overcome a habit, you must start into activity a cause equal to that effect.



The exalted consciousness of Divinity — God — does not come into contact with material things, or with mortal minds, except through the mediation of souls. God has evolved souls to do his will. Souls are individualized activities of God. Souls are the eyes, ears, and hands of God. Souls that have awakened to the inner consciousness of God feel the movement of his Spirit, and through the impulse of that inner Will of wisdom and mercy they work from the spiritual side of life to fulfill the prayers of humanity.

We are co-workers with God in the manifestation of his Will and Wisdom. God needs us! He is as dependent upon us to act for Him as we are dependent upon Him for the power to act. He is our Power to act. We, incarnate, are dependent upon our elder brothers and sisters in the spiritual world for many of the blessings of health and prosperity which we experience in this life. By prayer to the Father or to the Christ we set in motion an intelligent power which communicates our desire to the proper department of the divine Mind, and when the desire is sufficiently strong or has grown to sufficient strength through continual prayer, it furnishes a basis of mental energy through which divine intelligence may operate to bring results.

If we do not pray to the Divine for what we need we do not make our desires known in heaven. All desires are prayers, and all desires bring results equal to their strength and intelligence. If we have a desire, that desire goes out from our mind and works on other minds to bring results.

It does not rise above the plane of thought in which it is generated. It grows stronger as it is held daily; its force and ability is increased by added desire. But it works single-handed. A desire uttered in prayer to God gains the coöperation of spiritual beings. Prayer sets in motion the Providence of God, which is an organized power composed of multitudes of mighty spiritual beings.

Every prayer qualified by love and aspiration creates a thought-form which becomes visible to the angels of God, and his Spirit of wisdom works through them to bring about conditions for the answering of the prayer. The many limitations to the answering of a prayer cannot always be overcome immediately, and so the prayer must be persisted in until the forces of heaven and earth are able to combine to bring its fulfillment. If through lack of faith or discouragement the prayer ceases, coöperation from the heavenly realms will soon cease, because the angels are dependent upon human minds for the thought force necessary to them if they would operate in the mind of the world. Jesus, understanding this, gave the parables in the eleventh and eighteenth chapters of Luke, showing his disciples how, by unceasing prayer, they should keep knocking at the heavenly gates of supply.

During the Civil war the prisoners in Andersonville prison were dependent upon the filthy and unwholesome water of a little creek that passed within the stockade. They prayed to God for clean water to drink, and from under a tree stump

there gushed a spring of fresh water. The prayers of many minds generated a mental power which was used by powers of the spiritual world to help that hidden spring of water to burst forth from the bowels of the earth. The powers of God have no conscious activity on this plane except through the mental organizations of persons on this plane. They require our faith and co-operation.

In the seventies, Minnesota was over-run by locusts. After every other means had failed the Governor called for the prayers of the whole state that divine aid be invoked for the saving of the crops. The little pests became extinct on the day following the day of prayer.

In England a large institution for boys was kept supplied with food and funds by the prayers of its founder, George Muller. He did not even ask people for what he needed, and his expenses were very large, there being several hundred mouths to feed. A quarterly report was sent out to those interested, and from all over the world money and supplies kept pouring in according to the need. His prayers brought the aid of the organized intelligences of heaven, and those who had means in abundance were influenced to give by the invisible agencies which his prayers invoked.

The world is again waking up to the realization of the power of the prayer-answering God. Even the most conservative orthodox journals are giving space to those who write of the health, the prosperity, and the general spiritual good that

has come in answer to prayer. Prayer serves a purpose that simple desire, affirmation, or suggestion cannot serve, although these methods are very necessary in the proper development of the mind and soul.

For many years my life seemed a downright failure. I could not make a success of anything. I was sick in body and morbid in mind. I lacked individuality. But I learned of the Way, the Truth, and the Life. I learned how to commune with God. Through learning how to pray I found the power in God that gave me individuality. Through prayer I drew into myself that essence of the Spirit which made me a conquering man. Through prayer my soul reached out to its Father and received its daily bread from his living Word of everlasting Life. My soul drew on the Spirit and became afame with the divine glory. It was born again of the water of Truth and of the Holy Spirit.

A material illustration may make more clear the value of prayer to a human soul. There hangs from the ceiling a live wire charged with the positive electric current from a mighty dynamo. In my hands I hold the negative wire. I reach up and touch this negative wire to the positive wire, when immediately there is a blinding flash of electric light. Thus it is that man is glorified. God is the positive Mind, the positive Spirit. Man is the negative mind, the negative spirit. During prayer the mind of man reaches out (and within) toward the positive Mind of God, toward the Mind that is full of the realized power generated



in the dynamo of omnipotent Love. When the prayer becomes sincere and intense with love and devotion there occurs that wondrous meeting of the human and the Divine, the negative and the positive, and the flash of immortal glory fills the negative mind with quickening power that is a source of life and health.

Many have felt in greater or less degree this touch of the Divine; it was a time of conversion with them, and they look back to it with tender recollection, and look forward to the future state of bliss in heaven as a continuous feast of spiritual communion like that one glorious experience of the past. But why wait for heaven when heaven waits for you? Such communion may be a daily fact of your experience, and its realization should be sought for daily. Let it become the dominant purpose of your life to grow spiritual, to manifest God. Gradually turn all your desires in that direction and compel all your destiny to work to that end. Do not let any apparently limiting condition thwart your purpose. By prayer you may have the coöperation of God, and working with God as your faith and strength all things are possible; you can become invincible. All Power wills your permanent success.

Pray to God and his Christ and your prayer will reach the most exalted plane of power, drawing to you the blessings of the highest and holiest souls in heaven.

In the prayer which follows the prayerful attitude is united with the affirmation of truth, making a very powerful combination.

O MOTHER-FATHER GOD! I am a soul-child born from the blending of Thy divine attributes. Satisfy me with Thy love. In my soul are cradled the masculine and feminine potencies of Divinity. My soul is an organization of Thy love, wisdom and power; an image of all Thy qualities; a Seed of Divinity. Through living in the glorious sunshine of Thy love, all these wonderful soul potencies are becoming quickened. Glorify me with the illumination of Thy loving presence, that I also may glorify Thee.

I am a perfect soul born from Thy perfect nature, but I need to live in the sunshine of Thy Spirit, that the power within may grow and develop as a seed of God sown in an earthly body.

I need to commune with Thee consciously, thinking the thoughts of Thy Mind and feeling the emotions of Thy great Heart of Love in order that this negative earth-mind and body may become fertilized with Thy life, making a perfect soil for the expansion of the soul seed of power within.

My soul is illuminating and healing this mind and body as I commune with Thy Spirit. My soul becomes more glorious as I exercise Thy love and wisdom. I am Thy soul-son. The glory that transfigured the mortal flesh of Jesus is in my soul and will now transform my character and transfigure my flesh as I inbreathe Thy Holy Spirit by high desires and holy aspirations. I am complete and satisfied in Thee. I am Thy immortal son. Thine is the power and glory forever. Amen.



A HEALING PRAYER

LIVING FATHER!

I recognize that my life is one with Thy unlimited life and power.

Thy constructive Mind is within me, building my mind and body in strength and perfection.

I open my mind to the influx of Thy mighty Presence of health and peace.

Thou art within me a fountain of vitality flowing into every faculty and organ of my being.

Thou art God within my nature, and Thy life and health have all power to regenerate and heal my body.

I am organizing Thy life and strength into a mind and body of health and perfection.

Thy substance is feeding and restoring every part of my body to positive health.

I praise Thy healing life and intelligence in every organ, in every nerve, in every atom of my flesh.

I praise Thy glorious wisdom which is illuminating my soul and purifying my mind of every limiting thought.

I praise Thy tender, healing Love which invigorates and upholds me and dissolves away all fear.

O Living Father, this is Thy holy temple, make it a perfect dwelling place from which shall radiate Thy healing love and wisdom to all Thy children.

Father, glorify me with Thy healing power,
that I also may glorify Thee.

Read this prayer over a few times, trying to
realize every word within your being, and then
sit quietly with eyes closed while the Spirit of the
Father flows through your nature, fulfilling your
desire.



TO OVERCOME ANTAGONISM

LOVING FATHER!

Bless her mind with Thy wonderful love which dissolves away all vindictive feelings. Hold her personality in the glowing presence of Thy harmonizing love until all her antagonistic feelings are melted down.

O Father, melt from her heart all hateful thoughts and feelings. I bless her with Thy love which overcomes all her feelings against me. I feel so great a love flowing from Thy presence within my soul that when she thinks of me she is disarmed and cannot feel aught but love.

I bless all my world, visible and invisible, with Thy harmonizing love. All is Love.

HEALING LOVE

DIVINE FATHER!

I bless all the intelligent centers in my body with Thy healing love. From my awakening soul I pour healing love into every part of my body.

Thy love streams out from the presence of Jesus Jehovah filled with the power to heal all my flesh, and it holds me in eternal peace. Thy love is my mighty protection.

I praise Thy Spirit of Love.

O THOU ETERNAL SPIRIT OF WISDOM

AWAKEN and inspire my soul with Thy Divine Breath. Let my mind become illumined with Thy glory. Inspire all my thoughts with the pure light of Thy Omniscient Mind.

I pray with all the sincerity of my mind for the Spirit that shall quicken my intuition and lead me into the highest, holiest understanding of the mysteries of Thy Divine Life.

Guide me, O Thou Great Jehovah, in the path of light and love. With all the fervor of my emotional nature I desire Thy wisdom. Inspire my judgment and increase my power of discrimination. Help me to live like Jesus Christ under the inspiration of Thy Holy Wisdom-Power, that the power of Thy Spirit may become manifest through my mind and body, for the increase of Thy Glory in the souls of humanity.

Thine be the honor and glory through time and eternity. Amen.

THE DISCIPLES' PRAYER

OUR FATHER!

Father of all souls, who art in the pure, heavenly state within all souls, who art the Soul of souls — hallowed be Thy Name of Love.

Thy wisdom and love are revealed in the peaceful purity and in the grace and perfection of our souls. Thy kingdom come, Thy will be done in mind and body as it is done in our souls.

May Thy kingdom of love and justice become manifest to all beings in human and animal forms; may Thy almighty Will, which bringeth peace and plenty, be done on earth as it is done in heavenly realms.

Give us this day our daily bread; supply all our necessities and satisfy all our desires from the goodness of Thy omnipresent Mind. Feed us spiritually with the Bread of Life, that we may grow strong in the wisdom and dominion of Thy Spirit.

Forgive us our trespasses, as we forgive those who trespass against us.

Dissolve from us all condemnation and teach us to see the angel of Thy Presence in all; inspire us with Thy love and compassion for all souls, that we may quicken and resurrect the latent goodness and power in souls incarnate.

Lead us in victory over all temptation, and de-

liver us from even the appearance of evil. Let us feel the attraction of Thy Spirit leading us to freedom from all earthly attractions, that we may fulfill the laws of the soul-life as sons of God — joint heirs with Christ in the purity and power of God.

We abide with Thee *now* in the bliss of Being, for Thine is the kingdom, and the power, and the glory forever and ever. Amen.

SERENITY

I AM poised in the majestic Will of the Almighty.

His mighty will is cleansing me of mortal attachments and setting me free. All darkness of the past is entirely dissolved from my mind, and I dwell in the pure peace of eternity.

My soul is wedded to Jesus Jehovah and I care for no one except as I see in him the immortal Presence.

I am living in eternity for eternity, and the things of time do not affect me or disturb me.

It makes no difference to me what people think of me, for I am centered in the love of the Lord God Almighty.

Only what He desires for me shall come to me.

I am surrounded by his mighty, protecting Love, which dissolves from me all mortal mentalities.

No evil can come nigh my dwelling-place because I put my trust in Him.

All affections and desires of the past that were not for the truth are cast into the ocean of oblivion.

TRUST

MY soul is attuned to the merciful love of Jesus Jehovah, and all my nature is harmonized and healed by his mighty Presence.

He is the God of my life, and I allow Him to rule and regulate all things in my nature and affairs.

I recognize his majestic Will as all-powerful and all-sufficient.

My faith is strong in the power of his Will and the wisdom of his Mind, and by faith I am partaking of his wisdom and power.

All things are *now* working for the manifestation of his goodness and truth. I am a strong and powerful expressor of his Love, which creates health and harmony in all my life.

From my soul flows the Fountain of his joyous life and strength.

His omnipotent Will is working for my good and for the good of all whom I love, and no mortal power can hinder his invincible Power.

GRATITUDE

I AM a mighty magnet of love to draw souls to Jesus Christ.

All my affairs are dominated by the Spirit of Love, which brings to me abundant prosperity. I have faith in the prospering power of God.

I am strong in the magnetic power of God and draw my own to me with unceasing regularity.

Oh, living Spirit of Eternity, dwelling within my soul, I praise thy Holy Presence. I rest in thy eternal peace and harmony. I trust to thy unceasing love and power to bring all good to pass in my life.

I am one with Thee, my Father, and am drawing closer and closer to the conscious realization of thy Presence, which shall dissolve all my fears and hold my mind, unwavering and steady, in eternal peace.

I praise Thee for the life and strength that I now manifest, and I know that I will gain new dominion and power day by day, as I walk hand in hand with Thee, until all mortal limitations are overcome.

I praise and glorify thy Holy Spirit, and rest in conscious unity with Thee through time and eternity. Praise his Holy Name!

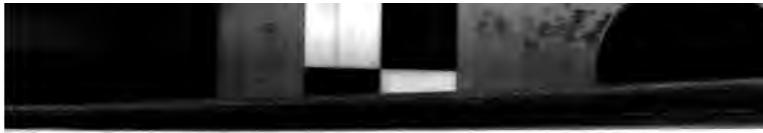


U.S. 805.

FROM PAINTINGS BY W.H.

THE CHRIST.





PEACE

I AFFIRM my perfect freedom in all lines and on all planes. My soul is the power of God and has been given the power to heal all the ills of my flesh and all the breaks in my environment.

Jesus Christ will fill in all the broken places in my life's path with his love and wisdom and power.

My soul life accepts and knows this power, and from henceforth I rest in this power in safety. All my surroundings are peaceful.

The light of heaven shall yet dawn in my life, and I shall share in its glory.

MY SOUL SHALL GAIN THE VICTORY. ALL IS GOOD!

A CONCEPTION OF GOD

THE basis of all systems of religious thought is God. Every new philosophy is founded on a new conception of this one primal Power. The many seekers after God are like the blind men who tried by groping to get a conception of an elephant. One got hold of the tail, and to him the elephant was like a rope. To the one who found the trunk, the elephant was like a snake. Running against his broad side, another was certain that the elephant was like a wall. And from the shape of a leg the fourth was sure the elephant was like a tree. In like manner all the limited conceptions of God are but partial views of the Infinite and Eternal One. We might as well accept the fact to start with that from the very meaning of the words infinite and eternal, which are used as descriptive of Deity, God is nothing less than the Whole. We must see that God is at least as great as the vast universe; and, if we concede that all is a manifestation of one Power, there will be room in our idea of God for all the expansion that will come to our minds through growth in knowledge.

The Hindu Vedantists postulated an abstract, impersonal Being that was beyond all ideas of consciousness, neither conscious nor unconscious, so immutable that it was incapable of generating a universe, and so absolutely quiescent and peace-

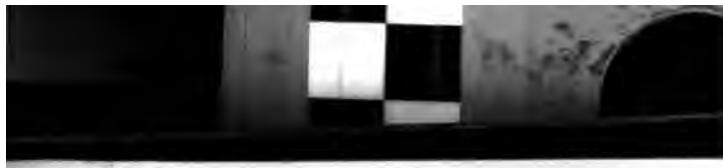


ful that in it there was no thought or desire or activity of any kind. After formulating this entirely incomprehensible idea of God, they were led to think that this absolute Being was the only reality and the only truth; that all else was nothing — unreal and illusive; that all created things were the “figments of a fictitious illusion”; that both the internal and external order of things, the earths and earthly beings, and the heavenly states with their countless hosts were all a vast hypnotism; an endless succession of dreams that were to be escaped by absorption into the abstract state of the Eternal. To escape the joys of life as well as the sorrows was the aim of every true aspirant for emancipation from the bondage of existence, and all effort was to the end of sublimizing the mind to the degree that the individuality would lose itself into the one great Essence of existence.

But the pendulum of thought has now swung to the opposite extreme, and humanity at present is not seeking to lose its individuality, but to build it stronger; not desiring to escape existence, but to enter more deeply into it. The conquering and overcoming activities of the Western races are the expression of a divine method, in that they are conducive to the development of great individualities. There was truth in the Hindu ideas of God and in their methods of spiritual worship, but it was not the whole truth; just as there is partial truth in the ideas of God prevalent in the orthodox world. The Hindu system of thought vividly grasped the soul of the universe

as the supreme reality, but denied that there was any use for the mind and body of the universe; so all effort was toward the reduction of the human mind and body to a state of pure, resistless quiescence. The occidental mind is infatuated with the material side of existence, and it is only beginning to comprehend or acknowledge that the physical universe has a subjective or mental side. Hence very little attention has been given to the development of aught but the faculties or qualities that deal with manifested forces.

The soul has not been considered worthy of any attention, nor is it thought by many to be anything more than a name; in fact, so strong is the materialistic spirit of the age that even among certain metaphysicians who have formulated the laws of the invisible but omniactive Mind, there is a strong repugnance to the idea that the Divine Soul of the Whole is individualized in man. Some think that, so far as the laws of mind will serve, the personal ego in conquering the forces that have to be contented with in fulfilling the needs of mortal existence, so far, only, are they good. But the pendulum of racial development will find its poise between these two extremes, and the philosophy of the East and of the West will be united for the production of a race of beings who, while powerful in individuality and ability to surmount every limitation of negative existence, will nevertheless realize their full power and wisdom through the acknowledgment and expression of the higher potencies, qualities, and attributes of the Soul life of God.



We are rapidly outgrowing the belief in evil that has shrouded the mind of the world for so many ages. To the oriental mind all existence was a form of evil, even to the highest states of manifested life in the heavenly spheres. All was looked upon as limitation and bondage, and only in the Absolute was there enduring rest from the bondage to everlasting transmigration and change. To be sure, there was the greater evil of the deluded souls sunk in sin and misery, with no aspiration for emancipation; and the lesser evil of living for the welfare of others; but at its best life was criticised and condemned as evil, and escape from life was the only good. With all their metaphysical subtlety, the dark shadows of evil covered their minds and limited their perception of Truth.

Later religionists placed humanity in the midst of two great contending forces of Good and Evil, but the good was much nearer and more easily and quickly realized than in the most ancient philosophies, for it was not considered necessary to go through a number of incarnations as in the Hindu system of thought before the ties of attachment could be cut and the good attained. One had only to wage the fierce fight against evil in the present, to find a pleasant future secure in the arms of paradise for all eternity. And now so close are we growing to the vision of the One who is too pure to behold iniquity, that we no longer look upon existence as evil even in greater or less degrees, nor do we see in the universe of God the opposing forces of Good and Evil.

But we rejoice in the knowledge that it is ALL good; it is less good and greater good; good undeveloped and good developed; but from its worst to its best aspect, from the lowest to the highest degree and form of manifestation, it is all good.

We now comprehend the great truth that we stand in the midst of a growing, evolving universe, and in and behind it all are manifesting the purpose and the will of the omnipotent Soul. Whether we stand on a planet whose humanity is young in the expression of the divinity latent within it, or on a planet older and wiser and more fully rounded out in the individualization and expression of the omniscient intelligence of God, it is all good. The young planet with its warring, savage humanity, and the older planet with its humanity of peaceful, godlike beings, are alike formed from the universal substance of God. The love of the Infinite One is shed as graciously upon the warring tribes of cannibals filled with hatred and cruelty, as upon the angelic beings radiant with the consciousness of Divinity, for the patient love of the Eternal is wise with the knowing that ALL is its own evolving substance, pregnant with the infinite life that shall awaken, during the endless evolutions of time, the intelligence of each atom, as of each mind, to the fullest realization of the intelligence and purpose of the ALL.

We may look upon the cosmos as the manifestation of an almighty battery of energy, a divine, conscious battery, so that the duality of "matter and energy" created by materialistic science will



be resolved into the conception of one omnipotent Intelligence, expressing itself through the positive and negative poles of universal Substance. The objective universe of so-called matter is the negative aspect of the one universal Substance, the negative pole of the great mental battery, for all Substance is capable of endless development in intelligence; the subjective realms and states of existence are this same Substance in a more refined degree of expression, in a more positive and intelligent state of manifestation. In and around the negative realms and worlds are the individualizations of the one Substance less developed in intelligence, while farther up in the states and conditions of sublimated and spiritualized existence are the beings who have grown positive with the positiveness that inheres in the inmost and all-comprehending sphere of omnipotent, omniscient and omnipresent Consciousness, the Soul of the vast whole — God.

Our minds expand and thrill with the sublime conception of the magnitude and mightiness of the God of the universe, an individualized and forever individualizing expression of the eternal and unmanifest, whose negative body — the physical universe — is infused and sustained by his positive mind-body — the spiritual universe. The Whole is forever developing in intelligence and perfection as its great Soul comes more and more into expression, infusing the positive and negative poles of its body with more of life, love, and wisdom, and manifesting in each succeeding cycle of progression more of the perfect grace and power that inhere in the Soul.

Our hope enlarges and our faith grows sure of the possibilities of our own unfoldment, for we see that God has individualized Himself as the Whole, and the Whole is forever developing its power of expressing Divinity. As the positive Mind of God grows more positive, it infuses its positive intelligence into the negative body of existence, so that negative substance continually grows more intelligent. And through this unceasing process of individualization each being, as an epitome of the Whole, is polarizing the intelligence and power and substance of God toward the **development and expression of a more positive and enduring individuality.**

We are each one an individualized soul, being polarized and organized from the love and wisdom and power of the Soul of God, and each individual soul has organized a positive and negative pole of mental and physical energies that are drawing constantly from the positive and negative poles of the mind and body of God. So it is evident that as individualization is a law of all life, subjective as well as objective, all beings that ever evolved from the bosom of Divinity still continue and will ever continue to progress in Divinity through the various stages of human, angelic, and archangelic being. It does not take much imagination to see the supernatural universe filled with the myriads of beings that have lived in human form, and to see perpetuated in sublimer form the trees and flowers and all the beauties of earthly scenery on a grander and more varied scale. And we can imagine the older, wiser, and

more powerful souls in the position of gods and goddesses, as radiant suns of spiritual life and love to the less developed souls attracted to them and their kingdoms for wisdom and love, the appropriation of which will give them greater growth and stronger powers for spiritual expression.

With what exalted emotions we contemplate the idea of these spheres of spiritual beings, all working in harmony and obedient to the law of love and life, and seeking to make their realizations of benefit to those less developed; so that each planet is surrounded by its mental and spiritual worlds of living beings, who appropriate the Light from higher states of Mind and bring it into the lower states — all working as a constant blessing and upliftment to incarnate humanity. In this truth we have the explanation of the teaching in regard to all the lords, saviors, gods, angels, and spiritual entities of the past. There has been truth in all teachings that have been wafted to earth from the heavens above for the spiritualization and education of humanity, and our system of thought must be large enough to embrace all the gods and deities of the past as well as the discoveries of modern scientific research, for in the Whole there is that which will satisfy every human emotion and desire.

Those who long for absorption into the Absolute, as well as those who wish to enter Nirvana with Buddha, may work out their desire to their own satisfaction, without limiting the good of any. Those who pray to the gods will find the gods they

pray to and plenty more, and those who worship as their Savior, Jesus Christ, will find Him Lord of lords, and King of kings in this solar system; and all who delight in the expansion and development of their individuality will find boundless possibilities for growth and progression throughout eternity.



THE GOD-MAN

MAN is the highest expression of God, and he can evolve to a higher type of being through the understanding and recognition of the truth that he is the Mind of God through and through, from soul to physical atoms.

Man is personifying as much of God as he realizes; manifesting the life and intelligence that he has appropriated from the universal Source.

The God-Man is conscious that his substance and life is God. His mind and body have been educated to that degree of divine consciousness where he can truly realize and affirm: "I and my Father are one." He has polarized so much of the infinite Intelligence into his brain, and educated the cells of his body to express so much of life and intelligence, that every part of his being is positive God-Mind, developed from negative mind into a consciousness of power and dominion that commands the respect and obedience of all negative and undeveloped forms of mind. He is the temple of the living God, and God lives in and glorifies his entire nature.

The negative conditions of disease and death find no place within his organism, for each atom has become positive with conscious life; the latent healing power resident within each living cell of tissue, which is a certain manifestation of life and

spirit, has evolved until the whole body expresses the healing Spirit of God.

There is no craving for the gratification of the senses or longing for the companionship of any being or beings, for the soul has awakened to conscious unity with the bliss of eternal Being, and realizes that it is an organized expression of the masculine and feminine principles of the divine Mind, a complete whole within itself. Having educated the sense mind up to its own plane, it is able to hold in equilibrium the magnetic and electric forces of the human battery, and so satisfy the nature with divine peace and harmony.

The Christ-mind is the mighty key to this spiritualized nature, the vital tone to which every atom of his body is attuned, and his life is radiant with celestial melody as it vibrates throughout the tiny cell-spheres filled with universal life and love.

This is the joyful sound, so free from fear or care,
It springeth forth with joyous bound all through the
etheric air.

The God-Man lives in the opulence of omnipresent Love, and when he retires from the world for divine communion, he is permeated with its supreme glory, which transfigures him and holds him in the ecstasy of immortality. He is that Love individualized, and is filled with the eternal energy of giving and receiving. He is a perpetual spring, for from his heart and soul life there emanates the blessing of universal love to all; from his mind flow the illuminated thoughts



of truth, filled with freeing, healing grace for humanity; his lips speak forth the words of everlasting life and joy and his hands impart the healing touch.

Through his intuition and acquired knowledge, he furnishes to his associates valuable and useful information; the tone of his voice interests and impresses those with whom he comes in contact; and through the truth which dwells in his own life he is able to give to others the pearl of great price. He is constantly receiving and constantly giving. His friends for whom and with whom he is working receive with him from the one living, invisible Source, whose center is everywhere.

Knowing truly how to receive and how to give, how to attract and how to express, he lives in opulence, for he is complying with the law of divine circulation that fills his emptiness from a limitless store.

He lives in the understanding of his union with the inexhaustible Source of all, the inexhaustible productiveness, the supreme Love which is all-sufficient in all places.

Having but one great desire, the healing, awakening, and freeing of God's beloved, he is in tune with the mighty purpose of God, which gives him a power and wisdom that penetrate to the root cause of all manifestations. All forces in the universe conspire to carry out his will, and success crowns his efforts with perfect accomplishment.

The limitations of matter have disappeared from the consciousness of the God-man, for his

pure penetration into the essence of things has resolved all the different and varied forms of manifestation into the one responsive substance, which obeys his will because he has entered into the Consciousness that is the essence of all substances. From this plane of causation he can move the interior springs of all lives, and as an embodiment of God he causes all things to conform to his mighty purpose.

This divine Man, standing in the consciousness of the real and true, sees all things as they are and not as they seem to the eye of uneducated sense. To his vision the universe is spread out as a limitless sea of intelligent mental forces, a vibrating ocean of light and life, glistening in every atom with the effulgence of a mighty Intelligence, and comprehending in its boundless Love all the beings who have evolved from and who forever dwell in the breadth, depth, and height of its immense activity.

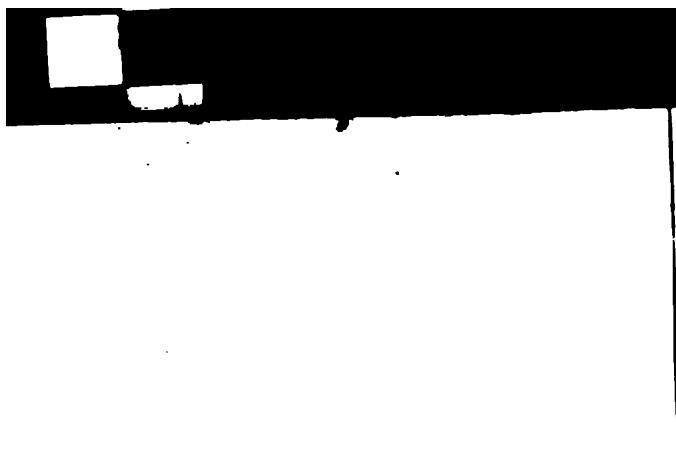
Seeing that All is Mind, All is Good, All is God, the God-Man is one with all of God and God's expressions; there is no limitation to his vision or to his knowledge, for he is divine in every faculty. He can hear all the vibrative whisperings of the Good in all the universe, and enjoy the blending of his mind with the Mind that fills infinity, thus partaking of divine Omniscience.

Realizing that he is all Spirit, and that there is no law but the Will of God, and that he is himself that Will, whatever he wills will be effected through his nature. He can become positive to the vibrations of light so that mortal eye can-



not see his form, and he can make himself so positive to the attraction of earth that water will seem a solid substance to his feet. He can exert a powerful and beneficial sway over other natures who are willing to be influenced by his positive will of goodness and peace, which quickens them with the vitality of Eternity and satisfies their spiritual natures with the living Bread of Life.

Glory to the perfected God-Man, for he is the personality of the Absolute God.



87 ~



